THE MOST FUN WORKOUT, p.52

Prevention

August 2022

PLUS
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FOODS THAT KEEP YOU YOUNG

Delicious Ways to Live Better Longer

WEIGHT GAIN AFTER 40
WHAT THE SCIENCE SAYS

"I TRIED OFF-LABEL CANCER TREATMENTS"

THE BRAIN INJURY OVERLOOKED IN WOMEN

PREVENTION

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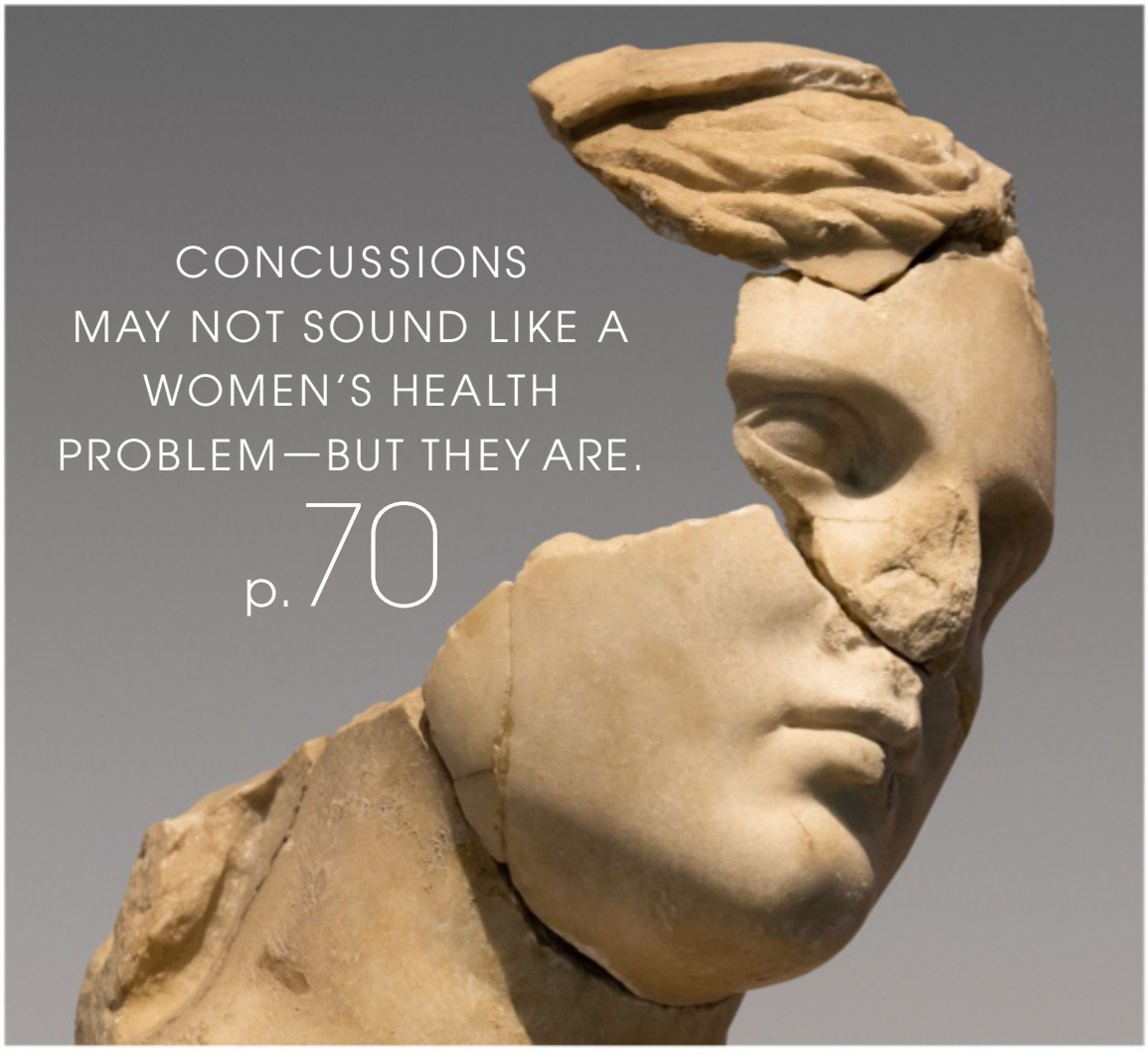

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ON THE COVER: PETER CROWTHER. THIS PAGE, FROM TOP: GETTY IMAGES; ANDREA DE SANTIS; CHELSEA KYLE.

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The Power of Connection

Meet Teri: She has terminal cancer—and a family she's trying to get more time with.

DO YOU HAVE FRIENDS you hardly ever see, or possibly haven't even met? One of our articles this month is by someone I've known for 20 years but only met once or twice, and crucial to her story are people whom she has *never* met—but who helped save her life.

I worked for many years at a parenting magazine, where a lot of the writers wrote about their kids in their articles—and also in emails to me, as I got to be sort of pen pals with some of them. I witnessed their kids growing up as my friends went from covering sleep to potty training to school. One of those writers was Teri Cettina, whose reporting and writing I counted on for many years and whose family I came to care about.

So when Teri told me she'd been diagnosed with pancreatic cancer, I was heartbroken for all of them. It's a brutal disease, as many of you surely know. Teri took an unconventional approach to her illness after connecting—mostly on Facebook—with other people facing pancan, as they call it. She has now lived more than twice as long as doctors initially thought she would, and I'm honored that she wanted to share her story in *Prevention* (see page 56). Given her reporting background, it was important to her that she not only describe her journey, but also explore and explain the research on the treatments she tried. I think you'll find what she has discovered fascinating—and I think you'll see how powerful it is to make and keep connections with other people.

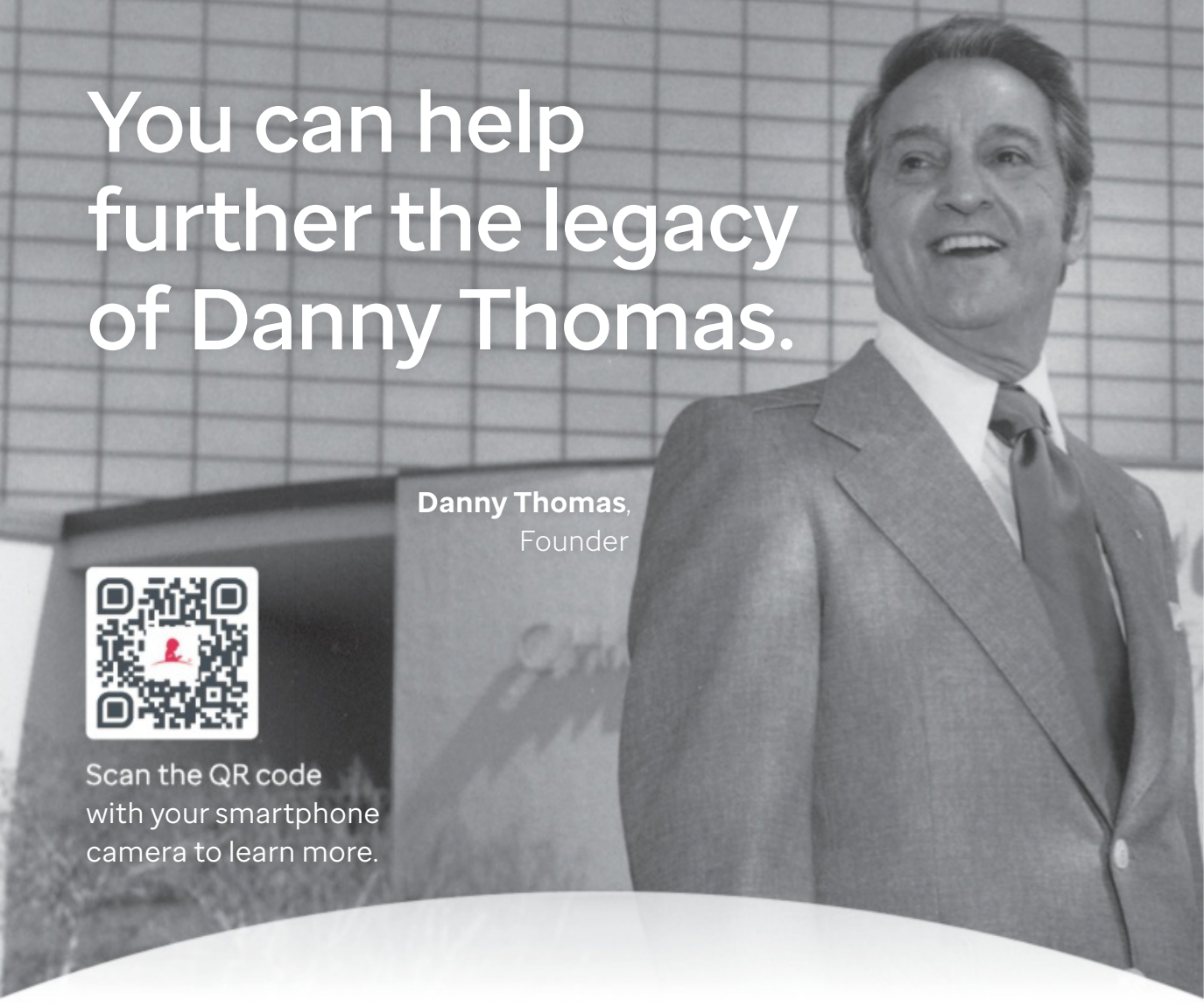
Sarah

MARK YOUR CALENDARS!

▶ Our fall **Virtual Walk** will be held on **October 1**, and registration (free as always) opens on August 1. Stay tuned for some great new surprises this time around.

LEFT: PHILIP FRIEDMAN. ABOVE: COURTESY OF SUBJECT.

You can help further the legacy of Danny Thomas.



Danny Thomas,
Founder

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Sixty years ago, St. Jude Children's Research Hospital® opened its doors, allowing entertainer Danny Thomas to bring people together in support of one lifesaving goal: Finding cures. Saving children.®

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PULSE

Mind Your Melons

It's prime melon season, and there are so many to choose from! These juicy fruits are dripping in water, vitamins, and minerals—that's probably why they make such refreshing, rejuvenating snacks. Honeydew is a good source of folate, vitamin B_6, vitamin C, and potassium; 1 cup of cantaloupe boasts a full day's worth of your vitamin A needs and half of your daily vitamin C; and watermelon is loaded with the antioxidant lycopene. Choose a firm melon without bruises, and make sure it's heavy—that means it's nice and juicy. If you see a yellow-bellied watermelon, that doesn't mean it'll be tasteless, just that it ripened in a field versus in the supermarket. And keep this in mind before you slice one up: Always scrub a melon before cutting into it to remove potential contamination that might be living on the rind, and store chopped melon in the fridge in an airtight container for no more than five days (uncut melons are fine at room temp).

JUAN MOYANO/STOCKSY

40%

OF U.S. ADULTS SAY THEY WOULD TALK TO THEIR DOCTOR RIGHT AWAY IF EXPERIENCING SYMPTOMS OF MILD COGNITIVE IMPAIRMENT. BUT EVERYONE SHOULD MENTION BRAIN CHANGES TO THEIR DOCTOR, AS EARLY DEMENTIA DIAGNOSIS IS CRITICAL,

according to a report from the Alzheimer's Association.

Close Those Bedroom Blinds

There's new research related to the evergreen sleep tip that you should snooze in pitch darkness: A study shows that heart function could suffer and insulin sensitivity might drop the day after nighttime light exposure. Scientists think even moderate exposure keeps the body alert and disrupts the restorative rest needed for organs, hormones, and body processes to function. If your regular blinds let light sneak through, consider blackout curtains, which have an extra layer of lining to prevent light from streaming in. Try Red Barrel Studio Heritage Velvet Solid Room Darkening Curtain ($45, wayfair.com).

Pregnant and Stressed?

Experiencing elevated anxiety, depression, and stress during pregnancy resulted in fetal brain alterations that translated to a delay in cognitive development at 18 months, found a small new study in *JAMA Network Open*; further research is needed on how those changes may impact toddlers' social-emotional development. Tension-taming strategies like deep breathing and yoga are safe for pregnant women, and consider meditation: "Awareness and acceptance of one's thoughts, emotions, and body sensations helps build stress tolerance," says Jessica Shepherd, M.D., an ob-gyn and the founder of Sanctum Wellness in Dallas.

TEGUH SISWO UTOMO/GETTY IMAGES (TOP); PEOPLEIMAGES/GETTY IMAGES (BOTTOM).

Q&A Brooke Shields on Why She Loves Getting Older

Brooke Shields became an icon of youthful beauty in her early teens, and now, at 57, she has a message about getting older: Aging itself is a beautiful thing. The supermodel, actress, author, business owner, and mom of two sat down with *Prevention* to share her philosophy.

How do you see aging these days?
When you look at aging as something that you're fighting, already you're initiating the relationship to it with, I think, the wrong perspective. I don't look like I did in my 20s, but I don't want to be in my 20s! I'm not saying to just forget about aging, but to custom-make your day to embrace it. For me, that's water and exercise and eating well, giving myself a break when I need to, and sleep. All these things create a sense of vitality.

THEO WARGO/GETTY IMAGES.

How do we change assumptions about aging?
We need to start a dialogue and change how we label being over 40, and really look at it as vitality and maturity, confidence and experience. I work with Clos du Bois wines, and I find their Long Live campaign a much more active way of saying "long life." It's about coming at life as "Yeah, you might have wrinkles—but think of how many times you've laughed and gotten those wrinkles." Rather than beating ourselves up for not looking or being the way we were, we can try to embrace where we are and move forward with it.

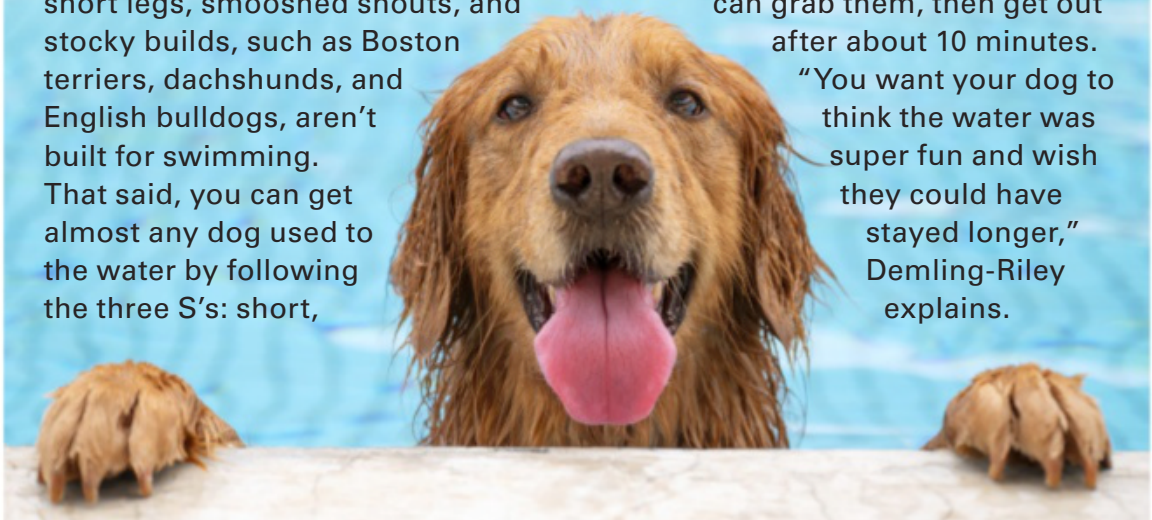
What advice would you give your younger self?
"Instead of focusing on all the things you're not," I'd say, "you're totally enough, and you should just want to be you."
—Emily Goldman

Decoding the Pet Food Label

When shopping for pet food, you don't have to look askance at ingredients like organ meats, bonemeal, and ground corn and rice, says Rachel Beck, a certified veterinary technician at Banfield Pet Hospital. Far from cheap fillers, these are nutrition-packed power players for pets. Also, look for the Association of American Feed Control Officials statement on the bag, which indicates that what's inside is a complete, balanced meal. And throughout your pet's life, ask your vet about when to transition to a new food formula: Puppies and kittens, adults, and seniors have different nutritional needs.

Is Your Dog a Swimmer?

While most dogs will paddle instinctively, not all breeds are naturals in the water, explains certified dog trainer Colleen Demling-Riley of Pawtopia. In particular, dogs with short legs, smooshed snouts, and stocky builds, such as Boston terriers, dachshunds, and English bulldogs, aren't built for swimming. That said, you can get almost any dog used to the water by following the three S's: short, sweet, and safe. First, encourage them to wade in with you by using a favorite toy or a treat. Keep them on a leash and a harness (since collars can restrict their airway) so you can grab them, then get out after about 10 minutes. "You want your dog to think the water was super fun and wish they could have stayed longer," Demling-Riley explains.



SUIWUYA/ISTOCK/GETTY IMAGES (CAT); CHENDONGSHAN/GETTY IMAGES (DOG).

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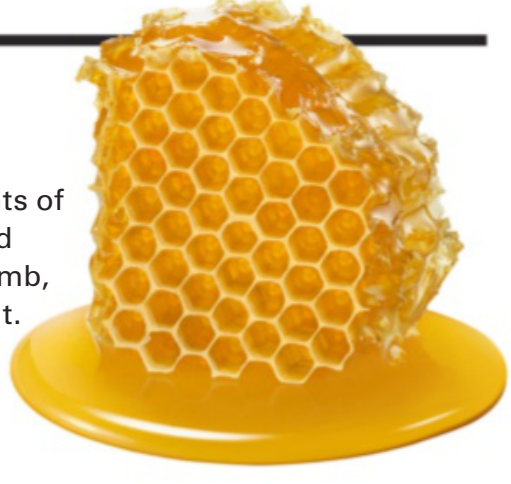
Sunscreen for Your Scalp

The top of your head isn't usually top of mind when it comes to sun protection, and even if it were, who'd want goopy lotion in their hair? Here's motivation—and help. "Researchers have found that one of the most fatal melanoma skin cancers occurs on the scalp," says Debra Jaliman, M.D., an assistant professor of dermatology at Icahn School of Medicine at Mount Sinai in New York City. "The scalp is richly vascularized, and there are theories that because of this, melanoma can easily spread to the brain. Also, skin cancers on the scalp tend to be diagnosed later because they're covered with hair, making treatment more challenging." To protect yourself, try a spray that won't leave your roots gunky or your strands crunchy.

EDITORS' CHOICE: **Coola** Organic Scalp & Hair Mist, $26, coola.com

Brighten Your Hair Naturally

To nourish your hair—and lighten it a bit—mix ⅓ cup **raw honey** (which contains small amounts of hydrogen peroxide) with ¼ cup **conditioner** and apply to damp hair. Distribute evenly with a comb, cover with a shower cap, and keep on overnight. Shampoo off in the morning.

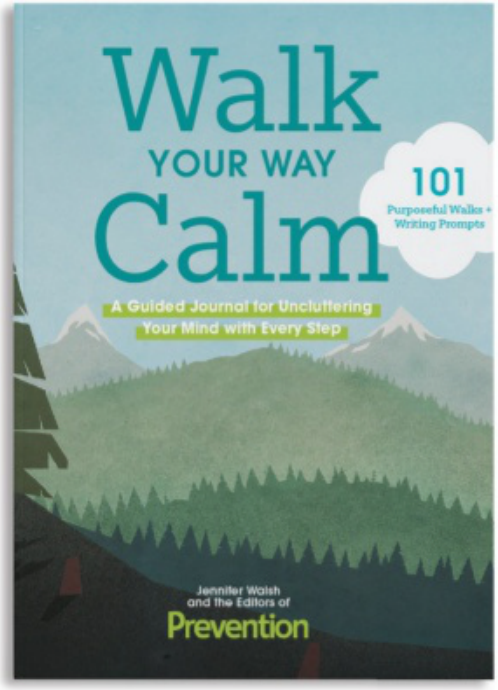


KATRIN RAY SHUMAKOV/GETTY IMAGES (TOP); KOVALEVA_KA/GETTY IMAGES (BOTTOM).

PROMOTION

Refresh Your Routine

Must-have products to shake things up and feel your best!

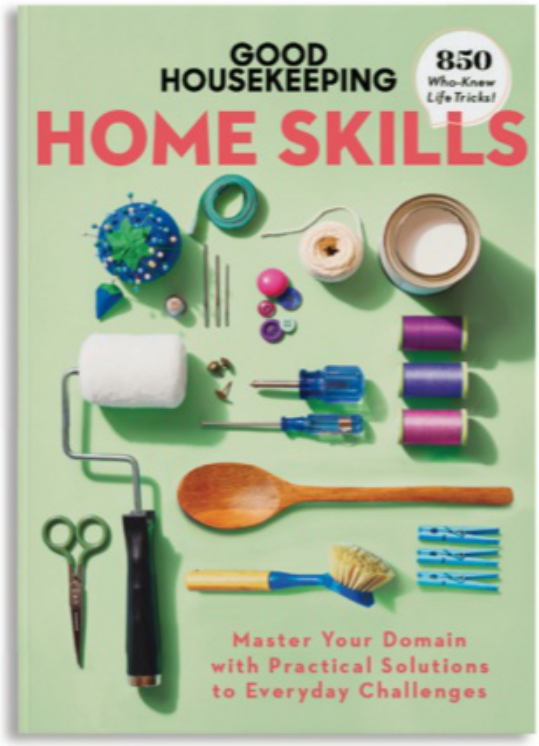


WALK YOUR WAY CALM

Turn your daily walk into a moment for mindfulness with this guided journal, filled with 101 unique walks, writing prompts, and room for reflection. *prevention.com/walkyourwaycalm*

PREVENTION CIRCUL+ WELLNESS RING

Track vital health stats with this handy device that provides next level accuracy while monitoring your sleep stages, SpO2 levels, heart rate, temperature and more. *prevention.com/wellnessring*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The pro-tested tips & tricks in this exciting book will help you get anything and everything done faster and easier. *goodhousekeeping.com/homeskills*

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Take charge of your health with a scale that measures more than just your weight and allows you to track everything from body fat to bone mass in a free companion app. *prevention.com/prevscale*

25-Minute Meal Under $10

Smoky Eggplant Flatbread

SERVES 4

1

Heat oven to 425°F and heat grill to medium-high. On lightly floured surface, shape 1 lb **pizza dough** into large oval or rectangle, transfer to parchment-lined baking sheet, and bake 10 min. Remove from oven, then increase heat to 475°F.

$1.92

2

Meanwhile, brush 2 **plum tomatoes** (halved lengthwise), 1 small **eggplant** (about 12 oz; halved lengthwise), and 1 **red pepper** (quartered) with 1 Tbsp **olive oil** and season with ¼ tsp each **kosher salt** and **pepper**. Grill, turning occasionally, until just tender, 2 to 4 min. per side; transfer to cutting board and cut into large pieces.

$2.68

3

In large bowl, whisk together 2 Tbsp **red wine vinegar**, 1 tsp **honey**, and 1 Tbsp oil. Toss grilled veggies and 1 Tbsp **capers** (chopped) with vinegar mixture; fold in ½ cup **flat-leaf parsley** (roughly chopped).

82¢

4

Spread 1 cup **part-skim ricotta** on crust, leaving ½-in. border all around, then top with vegetables. Brush crust with ½ Tbsp oil and bake until crust is deep golden brown, 4 to 6 min.

$2.29

PER SERVING *465 cal, 15 g pro, 61 g carb, 6 g fiber, 6.5 g sugars (1.5 g added sugars), 16.5 g fat (4.5 g sat fat), 19 mg chol, 606 mg sodium*

TOTAL: $7.71

DANIELLE DALY.

FABULOUS FLATBREADS

What's better than getting veggies and cheese (and maybe some meat!) in one doughy bite?! More fun flatbread ideas from Dawn Jackson Blatner, R.D.N., author of *The Superfood Swap*.

GO SEMI-HOMEMADE

"I love a food hack, so building flatbreads on whole-grain pitas, tortillas, or naan is great because they add more gut-friendly fiber to your meal," says Blatner. "Even better are 'sprouted' whole-grain versions—these are easier to digest and allow your body to absorb more protein and minerals." Premade pizza crusts made from whole grains, almond flour, cauliflower, or chickpeas are also a good-for-you time-saving twist.

SWITCH UP YOUR DOUGH RECIPE

There's nothing wrong with a traditional pizza dough base made of white flour, but you can also experiment with baking mixes made from alternatives like almond flour and whole-grain flour, says Blatner. "If you have a little extra time, I have a four-ingredient chickpea crust that's easy and delicious!" Mix together ⅓ cup **water,** ⅛ tsp **sea salt,** ⅓ cup **chickpea flour**, and 1 tsp **olive oil**, then pour into a hot oiled pan as if you're making a pancake. "Cook each side for a few minutes until it turns golden brown," says Blatner. "Add your favorite toppings and dig in!"

GET CREATIVE WITH FLAVORS

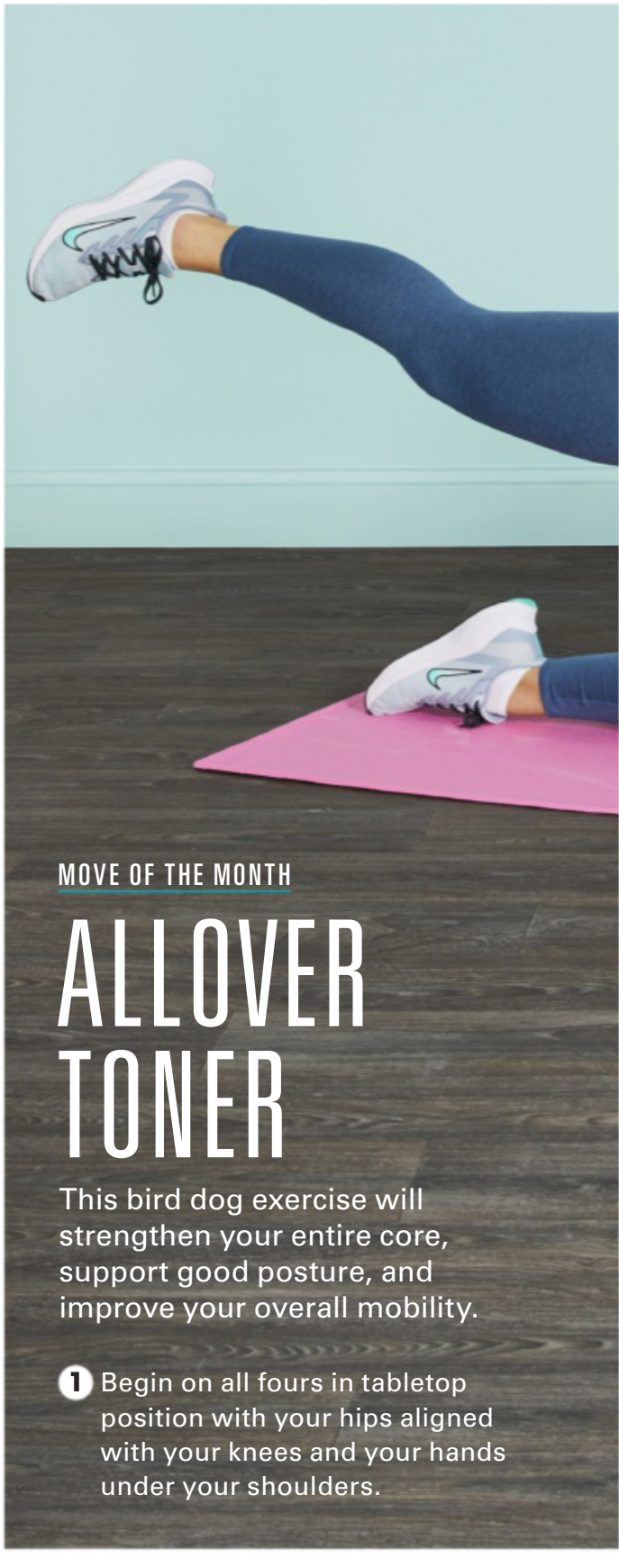
Think beyond cheese and veggies. "I love a salad flatbread, where I basically pile on dressed salad greens," says Blatner. "Flatbread is the perfect vehicle to get your dose of veggies in a super fun and satisfying way." Play with flavors and ingredients from different countries, and don't be afraid to go with sweet toppings like nut butter and fruit too.

LUCY SCHAEFFER PHOTOGRAPHY.

Prevention EDITORS' CHOICE 2022

Just the Essentials

Not all workout pants or shorts have pockets for your phone or keys (we think they should!), so if you need a place to keep things safe while you're walking, running, hiking, or biking, check out **The Original SPIBelt**. While made for running, it's perfect for any activity that has you on the move. It's super slim but made from sturdy, stretchy material, so it can hold smartphones up to 6½ inches long as well as your keys, cash, credit cards, ID, or headphones. The adjustable band fits snugly, which helps it stay in place, and there are tons of fun colors and patterns to choose from—and neutral ones if that's your thing! ($25, spibelt.com)



MOVE OF THE MONTH

ALLOVER TONER

This bird dog exercise will strengthen your entire core, support good posture, and improve your overall mobility.

1. Begin on all fours in tabletop position with your hips aligned with your knees and your hands under your shoulders.

2. Extend your left arm forward and your right leg back. Try to keep your back straight as you think about driving that extended foot back into the wall behind you. Hold for a moment.

3. Squeeze your abs to engage your core and bring your leg and arm back to starting position. That's one rep.

4. Do 10 reps, then switch and repeat with the opposite limbs.

PHILIP FRIEDMAN.

YOUR GET-FIT-ANYWHERE GUIDE!

Body-weight exercises like the bird dog are a great head-to-toe workout (no equipment required!)—plus, they help with balance, strengthen joints to prevent injury in daily life, and build lean muscle. For more exercises that require just your own body, along with stretching tips, fixes for aches and pains, yoga tricks, and much more, download our *Big Book of At-Home Exercises*—available exclusively to members of **Prevention Premium**. Find it at **prevention.com/home-exercises** or sign up today for this and other guides.

JOIN TO GET ACCESS
prevention.com/join

Great taste. Heart Healthy.*

Speed Up Your Walk

A new study of middle-aged adults found that a faster walking pace may signal a younger age at a cellular level. These tricks can help you pick up your stepping speed:

TRY ACTIVE STRETCHING

"Motion is lotion for your joints and improves strength, balance, and flexibility, which all helps you increase your gait," explains Teddy Savage, head of health and fitness excellence at Planet Fitness. Examples of active stretching: a hamstring stretch where you are on your back and kick your leg up to reach the opposite hand, and when you step forward into a lunge and raise your hands to the sky to stretch your hip flexors.

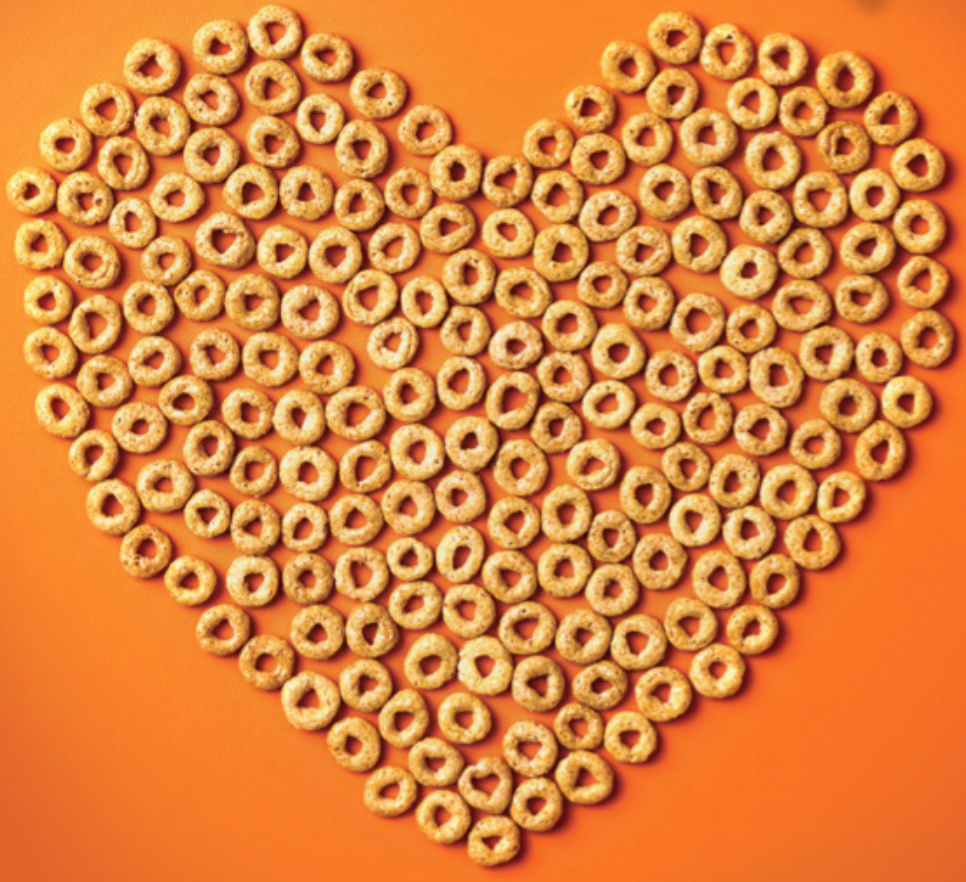
MOVE TO THE MUSIC

Dancing can help you walk faster. "It's one of the best ways to improve coordination and dexterity. Dancing and walking are both rhythmic activities, so getting used to moving your upper and lower body in synchrony through dancing can help you achieve a better stepping rhythm while walking," says Savage.

ADD PLYOMETRICS

"These are exercises where you exert max force over short periods of time, like jumping and skipping," says Savage. Those types of movements work muscles differently and boost stamina to help you improve your walking speed and tempo.

PROSTOCK-STUDIO/ADOBE STOCK.



Nothing beats a heart healthy breakfast.

*Three grams of soluble fiber daily from whole grain oat foods, like Honey Nut Cheerios™ cereal, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Honey Nut Cheerios cereal provides .75 grams per serving.

WELLNESS

HEALTHY HOBBY

WATERCOLOR PAINTING

Getting artsy may boost your mood as well as your brain function.

BY KAITLYN PIRIE

GETTY IMAGES.

YOU CAN CREATE something truly special by dipping a brush into water, then some paint, and swooping the brush across a blank page. "The amazing thing about watercolor is that it's so immediate," says Michael Lyons, B.F.A., an artist and a continuing education instructor at Rhode Island School of Design. "Different colors combine and swim together on the paper, and even absolute beginners can achieve unexpected and beautiful results."

WE OFTEN THINK OF WATERCOLOR PAINTING AS A KIDS' ACTIVITY, but it's a boon for adults too. Research shows that creating art activates the brain's reward pathway (giving you pleasure), lowers cortisol levels (meaning you feel less stressed), and enhances neural connections in the brain. You may even give your brain a bigger boost when you try to paint something realistic. "You're observing what it is you're looking at and thinking about how you're going to create the illusion of that on the paper," says Lyons. "You can plan it out, but you also have to allow for spontaneity, because there's a lot of variability in how the paint and the water bleed." In a sense, painting with watercolors can be a practice in both mindfulness and flexibility.

TO GET STARTED

You'll need a few supplies: watercolor paints, as well as brushes and paper specifically designed for watercolors. If you have an art store near you, Lyons suggests asking someone who works there for guidance. Otherwise, you can visit dickblick.com, cheap joes.com, or jerrys artarama.com and call the customer service number to ask for recommendations.

NOW TRY YOUR HAND

It's time to play around! "I recommend experimenting with the materials first, because it's an important and easy way to become familiar with the magic of the watercolor medium," says Lyons. "It's fun to see the various types of marks you can create simply by holding the brush in different ways." For instance, he says, you can load a wet brush with paint, drop one color into another on the paper, and watch as the colors spread together like fireworks. You can also observe how colors blend on wet paper versus dry paper.

IF YOU WANT TO KICK THINGS UP

Grab a book, watch demos on YouTube, or see if any local studios, schools, or libraries offer virtual or in-person courses. In person, you'll get the added benefits of meeting new people and creating art alongside them.

3-DAY BOOST

Get Yourself Hydrated

Simple ways to take in the right amount of water for you

BY ARIELLE WEG

You might not think too much about going to the bathroom, but you probably should. It can indicate how well hydrated you are, which is important for joint, skin, and immune system health, explains Natasha Bhuyan, M.D., national medical director at One Medical. Not drinking enough water can affect daily functioning and long-term mental agility, brain health, and chronic health problems like kidney disease and diabetes, says Stavros Kavouras, Ph.D., an assistant dean and a professor of nutrition at Arizona State University.

And that old-school eight-glasses-a-day rule isn't so simple, Dr. Bhuyan says. Food and drink intake, activity level, the weather, alcohol consumption, and more can play a part in how much water is right for you, explains Angel Planells, M.S., R.D.N., a Seattle-based national media spokesperson for the Academy of Nutrition and Dietetics.

Back to the bathroom: If you're adequately hydrated, your urine should be very light yellow and you should be going every two to three hours, Kavouras says. Symptoms like thirst, infrequent urination, dizziness, fatigue, generalized weakness, and skin that doesn't bounce back when pinched may indicate dehydration, says Dustin Momi, M.S., R.D.N. Use these tips to finally meet your hydration goals.

TODAY

SLASH YOUR SODIUM

On average, Americans consume nearly 50% more sodium than the recommended max of 2,300 mg per day, Kavouras says. Though we need sodium in our diets to function properly, too much can put our kidneys into overdrive, pulling fluids from other areas of the body to balance levels and ultimately dehydrating

GETTY IMAGES.

us, Planells says. He suggests checking packages for sodium content and choosing low-sodium versions of salty foods like soy sauce and ready-to-eat meals to cut down on sodium.

TOMORROW

HYDRATE WITH FOOD

Hydration usually brings water or a sports drink to mind, but Kavouras says that though beverages are a main source of hydration, solid foods also provide water. The word "carbohydrate" itself has "hydrate" in it, Planells points out. Research has found that we get 20% of our water intake from food sources, so nosh on water-rich foods like watermelon, broccoli, tomatoes, grapefruit, cucumbers, bell peppers, and strawberries to amp up your hydration.

THE DAY AFTER TOMORROW

TRACK WITH TECH

Classic ways to track your water drinking are noting it in a journal and using marked water bottles to hit generic water goals. But with new water bottle technology, brands like HidrateSpark, Rebo, and Pül link your water bottle to a smartphone app; you can track your water intake and have the app remind you to meet your personal goals. An individual's water needs can vary from day to day, explains Kavouras, who is on the science advisory board for Pül. Apps that work via your smartphone are great tools to build good habits, giving you a virtual tap on the shoulder to let you know that you're doing a good job or that you need to take another sip, he says.

NATURAL FIXES

Protect Your Body From Itself

When your immune system turns against you, there are steps you can take to boost your health.

BY ANDREW WEIL, M.D.

A strong immune system protects you from foreign invaders such as viruses, bacteria, and other germs. But when yours mistakes your body's own tissues for a threat, you could develop an autoimmune condition. Here are four key things to know about autoimmune disorders—and how a holistic treatment plan can help.

1 There are many autoimmune disorders.

In fact, experts estimate that there are more than 80. Common ones are rheumatoid arthritis, multiple sclerosis, lupus, type 1 diabetes, Crohn's disease, psoriasis, and certain thyroid conditions. Depending on the condition, symptoms can include pain, inflammation, and fatigue, which can flare, subside, and flare up again over time.

2 Women are at higher risk.

While we don't know what causes autoimmunity, certain factors do appear to raise the odds of it—including being female. (More than 75% of people with autoimmune disorders are women.) Researchers suspect that a hormonal link could be responsible. Exposure to toxins, smoking, obesity, and a family history of autoimmunity also appear to increase one's risk.

3 Treatment requires a team.

Because autoimmune conditions can affect so many different parts of the body, I recommend finding a team of experts who take a whole-

Dr. Weil is founder and director of the Andrew Weil Center for Integrative Medicine.

ILLUSTRATION BY KATHRYN RATHKE.

person approach. It might include a rheumatologist, an endocrinologist, a dermatologist, a gastroenterologist, or an immunologist. Physical therapists, nutritionists, mind/body therapists, and others can also help. Take detailed notes at appointments and keep providers in the loop about changes.

4 Integrative approaches can help.

There's generally no cure for autoimmune conditions, but many can be managed with prescription meds. That said, lifestyle measures and natural remedies like these may help too:

ADDRESS STRESS While it's impossible to eliminate all sources of tension, you can improve your ability to manage it. Because stress can trigger flares in some people, find a relaxation technique that works for you—such as meditation, breathing exercises, or yoga—and practice it regularly.

FIGHT WITH YOUR FORK An anti-inflammatory diet may help protect against the chronic inflammation present in most autoimmune conditions. Eat more fruits and vegetables—preferably organic—and replace meat and other animal protein with plant-based protein. I also recommend increasing your intake of omega-3 fatty acids (found in salmon and sardines), which seem to help quell inflammation.

CONSIDER SUPPLEMENTS You might try omega-3s or turmeric. Be sure to follow the dosage directions on the package and clear it with your doctor.

GETTY IMAGES.

BEAUTY

Love Your Legs

Pro solutions for soft, smooth skin

BY VICTORIA KIRBY

When those first itsy-bitsy spider veins or thigh dimples show up, you might be happy to look the other way. But if those types of changes start to bother you, there are solutions. In the past, cosmetic leg treatments were lengthy and painful; today, however, most can be done in under an hour with little to no pain. Here's what to consider, and a few camouflage tricks that work on everyone.

MAKE VEINS VANISH

Contrary to popular belief, crossing your legs often or being on your feet all day won't give you spider veins (which are under the skin) or varicose veins (which are raised). Pregnancy, exercise, or injury to the skin may aggravate these issues, but it's genetics that brings them on.

SPIDER VEINS are painless clusters of damaged blood vessels near the surface of the skin that look like squiggles or webs. A dermatologist or a vascular surgeon can nix them with sclerotherapy, which involves injecting an FDA-approved solution into the veins to destroy them gradually, starting in two to three weeks; full results are visible after a few months. "Typically, you need two to three monthly treatments, and the injections don't hurt—it's more of a prickly sensation," says dermatologist Bruce Katz, M.D., founder of the Juva Skin & Laser Center in New York City. Sclerotherapy results are permanent, but if you're prone to spider veins, new ones can pop up.

Average cost: $750 per treatment

VARICOSE VEINS are large, raised, and sometimes painful; how they're treated depends on their severity and cause. Small varicose veins can often be treated with sclerotherapy, while bulging or ropy ones may require a phlebectomy,

GETTY IMAGES.

a minimally invasive procedure done with local anesthesia by a dermatologist or a vascular or plastic surgeon. "A few tiny incisions are made in the leg, then a mini crochet-like hook is inserted under the skin to pull out the veins," says Dr. Katz. You might need an ultrasound first to determine the cause of your varicose veins, and in some cases the doctor may use lasers or radiofrequency devices to shrink the veins before removal. The results of these removal procedures are immediate and permanent, but if you're prone to varicose veins, more may emerge over time.

■ **Average cost:** Treatments start at around $1,500 per area; they may be covered by health insurance.

TIGHTEN SLACK SKIN

As with the face, the skin on the legs loses collagen because of aging and sun damage, which can make it appear less firm and smooth. Two FDA-approved noninvasive procedures that stimulate new collagen and thicken existing collagen fibers are Virtue RF and Morpheus8. Both require about three to five treatments spaced a few weeks apart, and upkeep treatments are needed every 12 to 18 months to maintain the results. For very loose or folding skin, though, surgery is recommended.

■ **Average cost:** $1,500 to $4,000 for a series of treatments

To tackle leg skin at home, many body lotions and creams now contain proven collagen stimulators like peptides and retinol. They may improve the skin's texture somewhat, but "remember that body skin is much thicker than the skin on the face, and we don't know yet whether applying retinoids on the body has the same visible firming impact that it does on facial skin," cautions dermatologist Paul Jarrod Frank, M.D., an assistant clinical professor of dermatology at the Icahn School of Medicine at Mount Sinai in New York City. What will make a difference is slathering on a rich lotion with ceramides every day to nourish the skin and keep it plump with moisture, which can help it appear smoother and more luminous.

EDITORS' CHOICES: **Olay** Firming & Hydrating Body Lotion, $10, drugstores; **Versed** Firm Ground Retinol Body Lotion, $18, versedskin.com

MINIMIZE CELLULITE

There isn't a way to get rid of cellulite, but the nonsurgical options for reducing its appearance have improved in recent years. Keep in mind, though, that FDA-approved cosmetic therapies for cellulite have varying results and it's hard to predict who will get a good outcome and who won't, because the causes of cellulite aren't fully understood.

"Skin that has lost elasticity, irregular fat deposits, and poor lymphatic drainage all play a role," says Dr. Frank. He adds that there's no one-size-fits-all solution, so he takes a multi-targeted approach using injectable fillers to smooth out the grooves of cellulite as well as heat or shock-wave therapy treatments such as Emtone to break up uneven pockets of fat and tighten lax skin.

The newest FDA-approved treatment is called Qwo; it's a series of injections of an enzyme that dissolves the fibrous bands that pull down on skin to cause dimpling, explains Dr. Katz,

who participated in Qwo's clinical trials. While the treatment has been shown to deliver up to an 80% reduction in even severe cellulite, patient reviews are mixed. "Qwo addresses one type of cellulite, but it's not ideal for generalized cellulite," says Dr. Frank.

Before plunking down money for in-office cellulite treatments, consult with more than one cosmetic dermatologist, research verified independent patient reviews of treatments (realself.com is a reputable source), and have realistic expectations of improving, not erasing, your cellulite. As for those at-home toning devices that target cellulite, experts say they may give you a few hours of slightly smoother-looking skin, "but for a temporary tightening and smoothing effect, you're better off treating yourself to a lymphatic drainage massage," says Dr. Frank.

■ **Average cost:** Qwo is $2,100 to $3,000 for the full treatment series; procedures with skin-tightening devices like Emtone begin at around $1,200 for a series of four treatments.

WORK A LITTLE SELF-TANNER MAGIC

We'd argue it should be called *stealth* tanner, because a faux tan on your legs will make veins, cellulite, and uneven tone less visible. For maximum camouflage, try this technique from Sophie Evans, a celebrity spray tanner for St. Tropez self-tanners: Apply a light to medium self-tanner shade all over your legs and body and let it develop overnight. "The next day, use a dark tinted self-tan lotion or mousse, or the same product you applied the day before, then take a makeup foundation brush or sponge and blend the formula down the sides of your thighs, under your bottom creases, and around your natural curve lines," says Evans. To hide stretch marks or veins, "use a smaller makeup brush or a cotton swab to paint the dark tanner along the marks," she says. For the most flawless self-tan, wait 24 hours after showering and exfoliating before applying the formula—"Cleansing lowers your skin's pH, which can make the self-tan color come out too light," Evans says—and don't skimp on the amount. "Trying to stretch a small pump of self-tanner over a large area of skin is what leads to streaks," she says.

EDITORS' CHOICES: **St. Tropez** Gradual Tan Classic Daily Firming Lotion, $29, and Bronzing Mousse, $42, ulta.com

CHALLENGE YOURSELF TO BE happier!

A JOYFUL LIFE is no accident—you can create one for yourself. This **EASY, INSPIRING DAILY PROGRAM** is the perfect way to start.

BY SHANNEN ZITZ

IF SOMEONE ASKED IF YOU WERE HAPPY, what would you say? Sure, some days it'd be an easy yes, because something great has happened to you. But real joy is bigger than that.

"Happiness really is more internal than external, so it's how you feel about yourself, other people, and the world around you. It's how you think and how you behave on a daily basis that influences happiness the most," explains Sonja Lyubomirsky, Ph.D., a professor of psychology at the University of California, Riverside, and author of *The How of Happiness*.

The mini happiness challenge you'll find here can help transform your outlook. Start with Day 1, but don't leave each day's challenge behind when you move on—each is a valuable tool for cultivating happiness.

DAY 1

DO SOMETHING NICE FOR YOURSELF

Self-care is a broad term, and sometimes people confuse it with self-indulgence or an act of selfishness. But self-care is really about

THE VOORHES/GALLERY STOCK.

nourishing the body and the mind. "When we don't take care of ourselves, we're more likely to feel fatigued and get physical symptoms like stress-related headaches or pain," says Helen L. Coons, Ph.D., a clinical health psychologist specializing in women's behavioral health and wellness at the University of Colorado School of Medicine. "When we're not last on the task list, we have more energy to do what's important to us."

To start on a path toward better self-care, try looking at the things that make you feel revitalized and add one to your schedule today—everybody has a different version of self-care, but we can all agree that neglecting yourself can detract from happiness, explains Lyubomirsky. An act of self-care can be anything that makes you feel happy, healthy, and rejuvenated.

DAY 2

SPEND TIME ALONE

Solitude is a biological need, and it promotes happiness, found a study at the University of California, Santa Cruz. Think of it as a way of recharging your mind to help you better connect with others.

Start a daily practice by spending some time alone, noticing your thoughts, and directing them toward "the greatest ideal of yourself," says personal-transformation teacher Joe Dispenza, who was featured in the movie *What the Bleep Do We Know!?*

DAY 3

BUILD BETTER BOUNDARIES

Without healthy boundaries, you might feel exhausted, overextended, or as if you're doing too much for others at your own expense. "Boundaries boost your self-esteem and reduce resentment and anger," says Brian Wind, Ph.D., chief clinical officer at JourneyPure addiction centers.

"Learning to say no is a valuable

THE VOORHES/GALLERY STOCK.

key in boundary setting," says Daniel Bristow, M.D., a psychiatrist and editor at MCG Health. "It doesn't have to be confrontational; it can be as simple as admitting that you're having a hard time with something or you're not available." Challenge yourself to say no to something you know deep down you can't commit to, and notice how it makes you feel. As you practice this, the people in your life will understand, and you will become a better friend, family member, or employee by protecting your time and energy.

DAY 4

NOURISH YOUR CONNECTIONS

Now that you've spent time finding peace by yourself and thinking through what you can and can't do for others, you can turn to your relationships. The participants in a qualitative study on happiness at the end of life agreed on this message: Prioritize the people in your life. "We need to take our social relationships as seriously as we take diet, exercise, nutrition, and everything else we know impacts our health," says Julianne Holt-Lunstad, Ph.D., a psychology and neuroscience professor at Brigham Young University.

So reach out to a friend or family member you haven't spoken with in a while, or try to meet new people—you could volunteer, join a class, or attend a local event. Whatever you do, focus: The power of connection comes from paying attention to the other person, not to your phone or your mental to-do list.

DAY 5

LOOK FOR JOY

Reminding yourself of the reasons you already have to be happy is powerful. "Gratitude is the antidote to negative emotions," says Lyubomirsky.

"Gratitude requires action," adds Robert Emmons, Ph.D., a professor of psychology at the University of California, Davis, and author of *Thanks! How Practicing Gratitude Can Make You Happier*. So write a letter to someone who has shown you kindness, or write down three positive things about your day. We tend to get caught up in the big stuff, like work and relationships, but expressing thanks for sunshine or a kind person at the store can restore a strong sense of gratitude and set you up for happiness tomorrow and beyond.

FIND MORE JOY!

Learn about morning routines, what makes a happy home, and more in our full *14-Day Happiness Challenge*, available to members of **Prevention Premium** at **prevention.com/happiness-challenge**. Not a member yet? It's easy to sign up or upgrade your subscription.

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FOODS THAT'LL

Want to feel 10 years younger, in both body and mind? We've got a grocery cart's worth of delicious picks—all backed by science to keep you sharp, fit, and having fun.

BY ALYSSA JUNG PHOTOGRAPHS BY JEFFREY WESTBROOK

KEEP YOU YOUNG

PROP STYLING: WENDY SCHELAH.

The things many of us take for granted when we're young—having sharp vision, bouncing back from illness, being able to skip down the block—don't have to fade away entirely (even if you'd rather walk than skip!). The foods we eat can have profound effects on how we move through the world, and can contribute to both longevity and quality of life along the way.

The key is anti-inflammatory foods. "Chronic inflammation pushes your body's organ systems to work extra hard to achieve normal functionality," explains Jaclyn London, M.S., R.D., author of *Dressing on the Side (and Other Diet Myths Debunked)* and host of the podcast *On the Side With Jackie London, R.D.* "All that extra work is what ultimately damages your cells over time and can increase risk of chronic diseases like type 2 diabetes, heart disease, and cancer," she adds.

So that's the big picture, but what's extra amazing about these types of food is that most of them have bonus benefits that improve specific functions of your body, like vision, heart health, and joint movement. Oh, and they're really delicious, because what's the point of feeling young if you can't enjoy what gets you there?

FOR A SHARP BRAIN

BLUEBERRIES These tiny fruits are so packed with anthocyanins (antioxidants known for giving blue-, red-, and purple-pigmented foods their color) that they've become the berry of choice in brain research. "A growing body of scientific evidence is examining how blueberries can support brain health as part of a healthy eating pattern, and recent studies suggest that they may help ward off cognitive decline and improve cognition in older adults," says Frances Largeman-Roth, R.D.N., a nutrition expert and creator of *The Smoothie Plan*, a new *Prevention* book.

WALNUTS It's funny that this wrinkly nut resembles a brain, because it harbors a slew of nutrients for your noggin. In one study, consuming walnuts helped adults perform better on cognitive tests of memory and concentration, likely due to their polyphenols and polyunsaturated fat. Another

study found that women were less likely to have memory issues after age 65 when they ate at least two servings of walnuts per week during the prior decade or so.

FARRO Whole grains like farro, quinoa, and barley are rich in B vitamins, which research suggests can help protect memory and may slow the rate of cognitive decline. Bonus: B vitamins also help your body more efficiently use all the other nutrients you consume, London adds.

FOR GOOD VISION

EGGS Their yolks are filled with vitamin A, lutein, and zeaxanthin, which function as antioxidants to protect vision and prevent age-related eye diseases. Choline supports good eyesight and may protect against glaucoma, while "vitamin D can improve and prevent age-related macular degeneration," says Largeman-Roth.

BELL PEPPERS All colors contain several eye-centric nutrients: vitamins A and C as well as other antioxidants like quercetin, lutein, and zeaxanthin. Vitamin C may help lower the risk of cataracts and other vision problems by preventing the oxidation that can cloud eyes' lenses.

PEANUTS These crunchy guys are packed with vitamin E, which helps prevent the breakdown of eye tissue; this may reduce the risk of vision problems. They're also filled with healthy fats that help you absorb lutein and zeaxanthin.

FOR A STRONG HEART

LEGUMES Whether you are a garbanzo bean loyalist or you prefer a bowl of lentils, eating pulses helps keep your heart healthy. "Legumes like beans are naturally high in fiber, which binds to cholesterol particles in the intestines. So instead of entering the bloodstream, where it can harm your heart, it's excreted," explains Laura Iu, R.D., owner of Laura Iu Nutrition. Many beans also contain folic acid, a B vitamin that helps regulate blood levels of homocysteine, an amino acid; too much homocysteine can damage blood vessel walls or lead to blood clots over time.

PLANT-BASED OILS These types of oil (corn oil, canola oil, olive oil) contain polyunsaturated fats, which are important for heart health. "The combo of unsaturated fats and antioxidants helps improve total cholesterol and protect blood vessels from inflammatory damage," London says.

SPINACH "Magnesium is a mineral strongly linked to cardiovascular disease prevention," says Largeman-Roth. Abundant in spinach, it plays a role in regulating blood pressure, blood glucose levels, and more. Spinach is also a source of calcium, which aids the heart by helping regulate blood pressure and supporting maintenance of a healthful weight.

TO PREVENT ILLNESS

GARLIC Part of the allium family (onions, scallions, and chives are also in this club), garlic contains a compound called allicin that fights inflammation and boosts white blood cells' infection-fighting response, says Iu. "To really reap the benefits, don't be shy—use more than one clove per meal," she advises.

TEA The antioxidants in the leaves of black, green, oolong, and other non-herbal teas offer powerful immune support. "But what many people might not know is that they also turn on certain genes that may help us combat diseases like cancer and heart disease, and they help reduce inflammation, another contributor to chronic disease," Iu says.

CAULIFLOWER Cruciferous veggies like cauliflower, broccoli, bok choy, and cabbage contain glucosinolates, compounds that may help protect against certain cancers, says London.

LONGEVITY HACKS

Simply put, there's no substitute for or magic pill to replace a balanced diet. We need a combination of **all three macronutrients** (protein, carbohydrate, and fat), as well as an array of micronutrients and phytonutrients, to thrive," says Jennifer Agha-Khan, M.S., R.D., a registered dietitian at Culina Health.

Physical activity, stress management, sleep, spending time outdoors, and mindfulness/meditation are important parts of the **overall wellness spectrum** that play a huge role in conjunction with diet," says Vanessa Rissetto, M.S., R.D., cofounder of Culina Health.

The easiest small change with lasting impact for your overall health and well-being is to **swap out sugar-sweetened beverages** for unsweetened ones, including antioxidant-packed coffee and tea. This can significantly reduce your intake of added sugar (beverages are the number one source in the American diet) while keeping you hydrated and allowing you to prioritize the types of treats you truly enjoy having, like dessert," London says.

Rather than striving to eat perfectly every day, consider focusing on adding more of these superfood picks over time, and **have fun** finding ways to eat them!" says lu.

Enjoy alcohol, added sugars, and processed meats **in moderation**, as they can increase the risk for chronic diseases like diabetes, heart disease, and even some cancers," says Tamar Samuels, M.S., R.D., cofounder of Culina Health.

TO MOVE WELL

YOGURT All dairy is a good source of nutritional necessities for strong bones, joints, and muscles. Yogurt is an especially smart choice, letting you spoon up calcium and protein; look for one fortified with vitamin D to help with calcium absorption.

SALMON Protein supports strong bones and is essential to building and maintaining muscle mass, and this fatty fish also boasts inflammation-zapping omega-3s, which have been shown to have a positive effect on joints in people with rheumatoid arthritis. And give the canned kind a shot—it often contains tiny edible bones that deliver a bit of calcium.

HERBS AND SPICES

These flavor boosters have anti-inflammatory properties and can be especially helpful in easing joint pain and stiffness. They also provide antioxidant compounds for overall health and well-being.

LIVE, LOVE, LAUGH—AND EAT!

Have you heard of Blue Zones? They're regions of the globe where people live longest and are healthiest, and they were popularized by Dan Buettner, a National Geographic fellow and the author of several books, including *The Blue Zones Challenge: A 4-Week Plan for a Longer, Better Life*. Top picks for eating like the world's longest-living people:

SARDINIA, ITALY

The land of olive oil and red wine also relies on:

- **FENNEL:** Used as a vegetable (the bulb), an herb (the fronds), and a spice (the seeds), it's rich in fiber and vitamins A and C.
- **SOURDOUGH BREAD:** It's often made from whole-wheat flour in this region, along with live lactobacillus (instead of yeast). Fermentation creates organic acids that delay starch absorption, giving this tangy bread a lower glycemic index.

OKINAWA, JAPAN

Seaweed, tofu, and fermented ingredients like miso are joined by:

- **PURPLE SWEET POTATOES:** These don't spike blood sugar as much as white potatoes, and they're packed with anthocyanins.
- **SESAME OIL:** It contains phytosterols, compounds that contribute to lower blood cholesterol levels, and vitamin E, which has antioxidant properties and supports healthy skin.

NICOYA, COSTA RICA

Black beans are eaten almost daily—also try:

- **YUCA:** This root veggie is high in vitamin C and other antioxidants.
- **GROUND CORN:** Used to make tortillas eaten at every meal, it increases the body's absorption of minerals.

IKARIA, GREECE

Potatoes and oregano star in Greek cuisine, but these foods also take center stage:

- **LEMONS:** They're eaten whole, skin and all—the peel may positively affect blood glucose to help control or prevent diabetes.
- **SAGE:** This herb may be a reason Ikarians have lower rates of dementia.

LOMA LINDA, CA

Home to Seventh Day Adventists who eat largely vegetarian and embrace foods from other cultures. Go for:

- **VEGEMITE:** An Australian spread with nutrients to support the brain and immunity.
- **AVOCADO:** It has heart-healthy fats, and potassium helps balance fluid and sodium levels in the body.

PREVENTION
HEALTH

WHAT'S UP WITH...

ITCHY ARMPITS

It's the second-most embarrassing spot to have a sudden need to scratch. Here's why our underarms can get so uncomfortable.

BY KAYLA BLANTON

PHOTOGRAPH BY JEFFREY WESTBROOK

PROP STYLING: WENDY SCHELAH.

IT MIGHT HIT YOU just when you're feeling confident in your favorite sleeveless dress: the skin-crawling urge to scratch, monkey-style. On top of being prone to sweating and chafing, the armpit and axilla (the space on your side just below the underarm) are full of nerve endings, explains Ava Shamban, M.D., a dermatologist and the founder of SkinFive Medical Spas. "Even a minor disruption to the skin can feel irritating," she adds.

WHY SO ITCHY?

The most common cause of itchy armpits is **contact dermatitis.** This happens when a substance such as a deodorant, fragrance, or detergent irritates your skin; the natural friction from moving your arm exacerbates the reaction, and the itch can spread. Other causes include:

- **Heat rash:** When your sweat ducts don't have the opportunity to "breathe," they trap perspiration beneath the skin, which may create lumps, bumps, and blisters that can get irritated from the arm's movement.
- **Fungal or bacterial infection:** The armpit's dark, damp environment encourages overgrowth of normal skin flora, creating an ideal setting for infectious yeasts to grow, Dr. Shamban says. "Those who have hyperhidrosis, or excessive sweating, are more likely to experience this," she adds.
- **Ingrown hairs:** Usually centralized to the hair follicle, ingrown hairs happen "when the tip of a hair grows sideways or curls back into the follicle, never breaking through the opening," explains Dr. Shamban. The lesions can become itchy, red, and inflamed.

How to Get Relief

To prevent itching in the first place, keep your underarms clean and dry. Dr. Shamban recommends using a non-talc powder and an antiperspirant, applied morning and night; if you need something stronger, ask your doctor about prescription underarm wipes. You can also use an exfoliating toner to keep bacteria at bay. If sweat is still causing a major itch, Dr. Shamban suggests talking to your dermatologist about Botox injections or MiraDry treatments, which decrease sweat production.

WHEN TO SEE A DOCTOR

If the skin on your underarm begins oozing, cracking, or thickening, see a dermatologist. In some cases, persistent armpit itching can be a sign of something more serious, including breast cancer. If it's accompanied by intense pain, rash, swelling, warming of the breast, or color changes, see a doctor right away.

MY DIAGNOSIS

Why Was My Dog Waking Me Up?

She knew something was wrong with me long before I did.

BY JEAN COONS, AS TOLD TO MARISA COHEN

SARA STATHAS.

I first noticed something was wrong with my sleep around 2006, when I started having horrible nightmares that I was being suffocated. I would wake suddenly and sit straight up, gasping for air, like something out of a scary movie.

And then something even stranger started happening: My 86-lb chocolate Labrador, Gracie, started waking me up several times each night, every hour or more. She would come over to the bed and poke my arm or my face with her cold, wet nose. Sometimes she would jump up on the bed and hover over me—and that's a pretty big dog to be pouncing on me in the middle of the night! I thought maybe she was just getting older and couldn't hold her bladder like she used to, so I would get up and take her outside. But often when we got there, she would

turn around and come back inside the house. I was always exhausted, and so was Gracie. At the same time, my snoring was getting worse. My husband and children started complaining about it. I had no idea this was happening, and my family would say, "You need to tell the doctor about your snoring."

Gracie was looking out for me all those years, until I got answers.

A FALSE STEP, THEN AN ANSWER

I still didn't know what was going on with my dog, but I did eventually mention my snoring to my doctor, and she suggested that I go for a sleep study. I went to the sleep lab, and they hooked me up to so many wires that it was heavy and uncomfortable. At about 7:30 p.m., they told me, "Lights out. Get some sleep." The problem was, I was not that kind of a sleeper. I needed to wind down by watching TV or reading a book. And it was even harder with all those sensors stuck to my body, so I didn't sleep at all that night. But even though I didn't sleep, they deemed my test results normal.

For the next few years, bedtime turned into a really dark time for me. I became a night owl, because I knew either I was going to have nightmares or Gracie would wake me up. Finally, about two years after my first sleep test, I mentioned to my doctor that I didn't think those results were accurate because I hadn't fallen asleep. She told me there was a test I could take at home. She put in an order for me, and that test came back positive for sleep apnea. I went back to the sleep lab, and this time they allowed me to watch a little TV until I was ready for lights-out. I slept much better that night, and they put a mask on me after I'd fallen asleep.

During that second test, they realized right away that I had moderate to severe sleep apnea, and they fitted me for a continuous positive airway pressure (CPAP) machine that same night. When I started wearing the mask to bed at night, the most wonderful thing happened: Gracie stopped waking me up. I realized that she had been watching over me—when she saw that I wasn't breathing, she'd poke me to wake me up so I'd start breathing again. She was trying to rescue me all along.

FINALLY GETTING A GOOD NIGHT'S SLEEP

Once I was diagnosed with sleep apnea and started using the CPAP mask, my life changed completely.

COURTESY OF JEAN COONS.

The nightmares stopped, and now I'm going to bed earlier—I see the bedroom as a pleasant place to get some much-needed rest.

I would tell anyone going for a sleep study to mention in advance any needs or routines that will help you sleep better. You want to be as comfortable as possible to get the correct results. Also, listen to your dog or any other pet. Gracie tried her best to tell me that something was wrong, and when I finally listened to her, both our lives became so much better.

TELL US ABOUT *YOUR* DIAGNOSIS
Did you have symptoms that took a while to get properly diagnosed? We'd love to hear your story. Write to letters@prevention.com.

Could You Have Sleep Apnea?

It's estimated that 22% of men and 17% of women have obstructive sleep apnea (OSA). "When we sleep, most of our muscles relax," says Carlos Nunez, M.D., chief medical officer of ResMed. "When the muscles in your throat relax during sleep, the tissues can collapse down and prevent air from passing through." This can cause you to stop breathing, sometimes 50 or more times an hour. "The brain senses that you're suffocating and forces you to gasp for breath," Dr. Nunez says. Some of the biggest risk factors for OSA are obesity, age, a large neck circumference, enlarged tonsils or a small throat, and frequent use of alcohol or sedatives. In addition to leaving you exhausted, untreated OSA can increase your risk of dementia, high blood pressure, and type 2 diabetes. The most common treatment is a continuous positive airway pressure (CPAP) machine, a mask you wear while you sleep that delivers just the right amount of air pressure to keep your airways open. Oral appliances may also be helpful, and in some cases surgery may be recommended.

SYMPTOMS OF OSA INCLUDE:

- Loud snoring
- Gasping during sleep
- Daytime exhaustion
- Headaches
- Irritability
- Difficulty paying attention while awake

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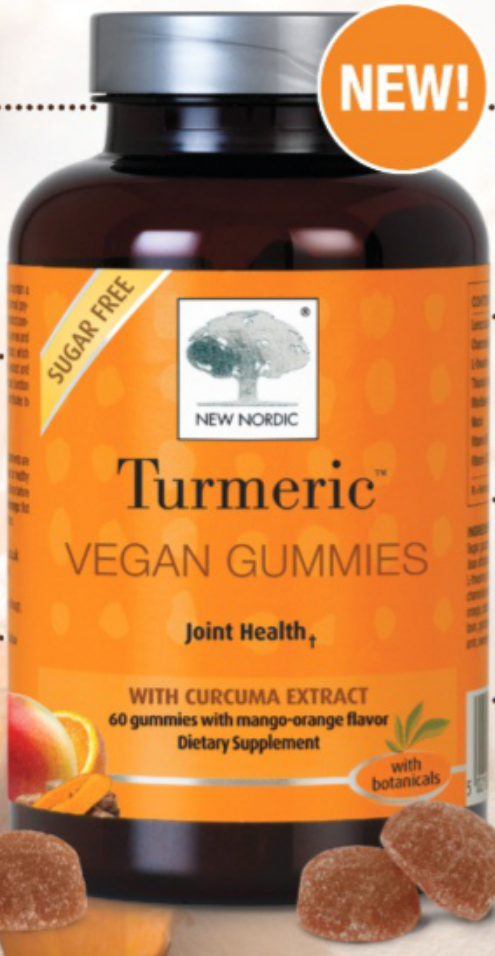

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INSIGHTS

4 Facts About Abortion

Here's what the health statistics say about this common procedure.

BY MERYL DAVIDS LANDAU

Politics and legal debates aside, abortion is at its core a medical procedure that one in four women undergoes during her lifetime. Here are four findings from a comprehensive report by the National Academies of Sciences, Engineering, and Medicine.

Abortion is safer than pregnancy and childbirth.

The odds of dying from any of these is low, but the potential complications women may experience during pregnancy—hypertension, gestational diabetes, and infections—mean that it is riskier than abortion, says Ned Calonge, M.D., M.P.H., an associate professor of family medicine at the University of Colorado School of Medicine, who spearheaded the report. Black women have three times the risk of dying from pregnancy that white women do, according to the Centers for Disease Control and Prevention. As for birth itself, delivering a child is 14 times as likely to result in a woman's death as having an abortion. Additionally, ending a pregnancy can save your life if, say, you have a serious medical issue such as an ectopic pregnancy that grows in the fallopian tubes or you develop certain conditions before the baby is viable, Dr. Calonge says.

Infant mortality is higher in states with restrictive laws.

More babies die in their first year in places where women have limited or no access to abortion, researchers found. Women with low incomes, who are the most likely to seek an abortion (in part because they cannot afford to raise a child, or another child), "tend to have psychological stressors which produce inflammatory effects that can be passed to infants in utero and harm them,"

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says Peter Muennig, M.D., a professor of health policy and management at Columbia University and the coauthor of the infant mortality study. (Women with money generally find ways to get an abortion, he speculates.) Babies born to low-income moms are also more likely to suffer from poor nutrition and reduced medical care, and infants born to teen girls fare especially poorly, the study found.

Abortion doesn't cause depression or other illnesses.

Some states require providers to tell women seeking the procedure that they might develop a condition similar to post-traumatic stress disorder (PTSD) afterward, according to the nonprofit Guttmacher Institute, which tracks these laws. Research does not support this. In the National Academies report, an examination of numerous studies found that having an abortion does not increase risk of depression, anxiety, or PTSD. Some states also require that women be told there's a link between abortion and breast cancer or infertility, even though the American College of Obstetricians and Gynecologists says that neither is true.

Being denied an abortion can impact health for a lifetime.

Women who can't get an abortion are more likely to be impoverished four years later than those who can, and fewer of them eventually get a college degree, according to University of California researchers. This has long-term health effects: A Yale study reported that people with higher levels of education are more likely to live longer.

THE DOCTOR IS IN

Weight Gain: Is It Midlife or Menopause?

If your body has started to pack on pounds, you may wonder why it's happening. Here are some answers.

BY LAUREN STREICHER, M.D.

Dr. Streicher is a clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine. This is adapted from her book *Hot Flash Hell: A Gynecologist's Guide to Turning Down the Heat.*

Besides hot flashes, one of the main things that gets women in the door of our clinic, the Northwestern Medicine Center for Menopause, is weight gain that feels out of control. And guess what? I've observed that among our patients, the women having that symptom tend to be the same ones who are having hot flashes.

In fairness, it's not just menopause that brings on extra pounds. I've always told my patients that even if they eat and exercise the same way as they did in their 30s, they'll see the number on the scale start to climb. In fact, both men and women gain weight during midlife until it stabilizes around age 60.

Metabolism shifts contribute, but not to the degree that you might think. The belief has been that metabolism slows with age, but a study released in 2021 suggests that it doesn't slow down until age 60, and then only by about 1% a year.

One reason for midlife weight gain is lifestyle changes: more dining out and less physical activity. But that said, it's twice as likely for a woman in midlife to be severely obese as for a man. Men have the same lifestyle shifts women do—so what's the difference? Men don't have hot flashes and the accompanying insomnia. And that's where the menopause factor comes in.

THE HOT FLASH IMPACT

Every time you flash, there's a surge of cortisol in your body. Cortisol, also known as a stress hormone, has several functions, but one is that

ILLUSTRATION BY KATHRYN RATHKE.

DAN SAELINGER/TRUNK ARCHIVE.

levels of it rise to reduce inflammation when you're stressed. A small, transient rise doesn't cause problems, but if it's chronically, consistently elevated, there's an increase in blood sugar levels and appetite, among other things. The result: Losing weight becomes much tougher.

Another factor is inadequate sleep due to hot flashes. Seven to eight hours appears to be the magic amount of shut-eye to ensure that the hunger-controlling hormones, leptin and ghrelin, are at optimal appetite-control levels. Leptin decreases your appetite and ghrelin increases it; however, ghrelin plays a role in regulating short-term feeding as well as in regulating body weight over the long term.

Not getting enough sleep translates to low leptin levels and high ghrelin levels—the exact combo that increases appetite and sabotages weight-loss efforts. It also seems that inadequate sleep is tied to lower levels of thyroid-stimulating hormone, further slowing metabolism.

Given the above, it's not surprising that the women who gain weight during menopause also have more hot flashes. And when it comes to a new belly pooch, you can probably blame menopause too, because low estrogen impacts the distribution of weight even if you haven't gained a pound.

If you're unhappy about weight gain, talk to your doctor about what's a healthy weight for you and the best eating and workout plans for achieving that. This is also another reason to prioritize sleep and to talk to your health care practitioner about ways to ease and control hot flashes.

LET'S GO FOR A RIDE

Yes, **BIKING** as an adult can provide the same **JOY AND FREEDOM** it brought you as a kid. (The **FITNESS BENEFITS** are just a bonus.) This little **GUIDE** will get you up to speed in no time.

BY JENNA DEDIC

DANIELLE DALY.

They say "It's like riding a bike!" for a reason: Whether you're a semi-regular rider or it's been a while since you touched that dusty cruiser in the garage, you can probably hop on and get moving pretty quickly. But there are a few things about the bike itself that you can adjust to get an even better ride. Here's what to know, from Stephanie Kaplan, hardware group product manager for Peloton.

SADDLE

When your seat is at the right height, you should be able to touch the lowest pedal with only a slight bend in your knee. Ask someone to hold your bike for you while you check and adjust it.

HANDLEBARS

It's normal to lean forward to hold the handlebars, but you shouldn't be seated so far back that you have to lock your arms to reach them. Bend your elbows and keep your back straight to maintain the most control.

GEAR SHIFTERS

Changing gears makes it easier or harder to pedal. Most bikes have a left shifter that helps you set your bike to the range you want to ride in—from easy to hard—and a right shifter you can use for fine-tuning.

BRAKES

Remember this: R is for right brake and rear wheel (leaving left for the front wheel). Gently squeeze both when you want to slow down. If you clamp too hard, you risk skidding, which can feel scary. Since your momentum takes you forward, shifting your weight half a centimeter toward the back of the seat can keep you from losing your balance.

TIRES

If tires are pumped up too much, you'll feel every bump in the road; too little, and you'll risk getting a flat. So use a pump with a gauge to check your tire pressure before you ride. The ideal level—for example, 90 to 120 PSI—is imprinted on the tire's sidewall.

GETTY IMAGES.

GEAR UP

A helmet isn't the only cycling essential. Here's what you need to protect your body from head to toe.

ON YOUR HEAD

You should be able to fit only two fingers between your eyebrows and your helmet's brim, and between the strap and your chin. "It should be so snug that it may leave an imprint on your forehead," Kaplan says.

ON YOUR FACE

Along with sunscreen, wear sunglasses. "They'll keep your eyes clear of debris and keep them from tearing because of the wind," says pro cyclist Laura Van Gilder, a World Championship rider. Your shades should feel snug so they won't slide down or fog up.

ON YOUR FEET

Reach for sneakers with stiffer soles (like cross-trainers) rather than running shoes, which are so flexible that your foot may arch over the pedal, weakening your stroke.

EVERYWHERE ELSE

There's a reason cyclists wear spandex: It wicks away sweat, which can cause chafing, says Rachel Vaziralli, director of fitness design and education at Orangetheory Fitness. "Tight-fitting clothes also won't flutter in the wind, which can slow you down." Look for

GETTY IMAGES.

bottoms with a built-in seamless pad (called a chamois) to prevent a sore rump. Liz Lyles, a former pro triathlete, recommends long shirts to shield your lower back from the sun.

CONQUER ANY HILL

It's one of the most intimidating parts of cycling, we know. But with these strategies, you can stop staring at that incline and just get over it already.

PREP WITH THE RIGHT EXERCISES

You need to build strength to climb hills, so do jump lunges, says SoulCycle master instructor Rique Uresti: Step back with your left leg and bend both knees 90 degrees, then jump. Switch up your legs in midair, so your left leg is forward when you land and your right is in the back. Continue alternating sides for 12 to 20 reps. If that's too tough, start with alternating lunges and slowly build up to getting some air.

UTILIZE YOUR GEARS

Before you hit the incline, shift your right (rear) shifter to a lower gear so it's easier to pedal. Shift down on the left too. The ease of pedaling might feel silly, but you'll be glad when you can climb the hill without needing to stop. "As you go up, your effort level should feel more challenging than you're used to, but not so difficult to maintain that you feel like you're going to fall off the bike," Lyles says. When you reach the top, move shifters back to a middle, moderate setting.

STAND UP

Standing while you pedal increases the amount of power you're able to generate so you can get up a hill faster. It also gives your usual biking muscles a much-needed break. Before standing, shift into a slightly more challenging gear. "You need a lot of resistance on the pedal so the added force of your weight doesn't cause you to 'spin out' and perhaps lose control of the bike," Lyles says. Standing's tough, though, so alternate between that and sitting, and practice it on a flat road first.

A 155-lb person can BURN MORE THAN 250 CALORIES in just 30 minutes of cycling at 12 mph.

Use an app like Strava or MapMyRide to TRACK YOUR PROGRESS and plan new routes.

Tired of riding solo? Ask your local bike shop if there are any nearby CYCLING GROUPS you can join. It's a great way to MEET NEW PEOPLE and learn from others who love the same activity.

Defying the Odds

A health reporter journeys into the world of off-label cancer treatment—for herself.

BY TERI CETTINA

PHOTOGRAPHS BY BEN GOLDSTEIN

Nearly four years ago, I had two encounters with health professionals that sent chills down my entire body. The first was with a physical therapist, whom I'd gone to see for pain in my back and ribs. Within 10 minutes, a shadow came over her face. "I don't want to alarm you, but this pain is not musculoskeletal," she told me. "You need to get a CT scan. Today."

Later that day, the ER doctor came to my room with test results. "We found something we didn't expect," she said. "There is a suspicious mass on your pancreas that looks like cancer. I'm so, so sorry."

From my experience as a health writer, I knew that pancreatic cancer was one of the deadliest types. My brain switched to reporter mode, and I took meticulous notes. But when I look back at them now, I barely recognize my own writing.

The doctors initially told me I had about 18 months to live. Since then, I've learned more than I ever expected about cancer treatment and how critical it is for us patients to take active roles in our healing.

PROP STYLING: MIAKO KATOH.

WHAT IS **PANCREATIC CANCER?**

Pancreatic cancer is the third deadliest cancer in the United States: Around three in four patients die within a year of being diagnosed. And it's especially sneaky because its early symptoms are so vague—abdominal aches or backaches, a little stomach discomfort, some bloating. Nothing you would take seriously at all.

In addition, most common blood tests don't detect pancreatic cancer. By the time it is discovered, the tumor has usually grown quite large. It may also have spread outside the pancreas, to the liver or lungs.

In my case, the pancreatic tumor was about the size of a golf ball but had not yet spread. However, it was wrapped so tightly around several aortic and liver-related blood vessels that they were almost completely blocked. Removing the tumor surgically was next to impossible. My only option was aggressive chemotherapy. It might extend my life, but it was not expected to cure me.

I understood none of this on that first night. All I knew was that my life was forever changed. I felt that our daughters, ages 17 and 21, were too young to lose their mother without its leaving a permanent scar. My husband and I had been married 29 years and were as close as we'd ever been. Our shared future was dissolving in front of my eyes.

The next day was Thanksgiving, and at 3 a.m., I got up, unable to sleep. I padded quietly downstairs to our dining room and set the table for dinner with our extended family. I folded napkins and laid out silverware and plates. I set out bowls for mashed potatoes, stuffing, gravy, and vegetables and tucked tiny yellow sticky notes into the dishes so I'd remember which was which.

Then I gave up and dissolved onto the cool hardwood floor. I lay down flat, my face touching the wood, and began to pray: "Please, God, give me time. Give me time to be with my daughters and Greg. Please give me more time."

COPING WITH MY TREATMENT

The most effective chemotherapy regimen for pancreatic cancer is a rigorous one called Folfirinox. It required me to sit in a cancer center infusion room for eight hours, then go home with a chemo pump attached to a vein in my chest for 46 more hours. I repeated that cycle every two weeks.

I experienced all the classic chemo symptoms: fatigue, unrelenting nausea and diarrhea, loss of appetite, and a metallic taste in my mouth that made even plain water taste horrible. One of the chemo drugs caused my hands and feet to go numb, a condition called neuropathy. I couldn't close clasps on necklaces or type accurately on my laptop. The numbness in my feet made me trip constantly when I walked.

When I wasn't leaning over the toilet retching, I was researching pancreatic cancer to see if I could improve my odds

Clockwise from top left: Teri with her oncologist, Rui Li, M.D., Ph.D.; with best friend and husband of 33 years Greg; at the Mayo Clinic; during what she calls the "Chia Pet" phase of hair regrowth; and in her first wig with daughters Sophie and Flora.

of living. My research led me to make a bunch of lifestyle changes: I adopted a ketogenic diet, which some health researchers believe may help stop certain types of cancer from growing. I completely stopped eating sugar too, to give my body every health benefit I could.

I read research by Valter Longo, Ph.D., of the University of Southern California, who discovered that fasting might make chemotherapy more effective and help reduce chemo-related side effects such as nausea and mouth sores. For 48 hours before and 24 hours during each of my biweekly chemo sessions, I stopped eating and drank only water and herbal tea.

Maintaining hope also became a key part of my treatment. I asked my oncologist to stop talking to me about survival statistics or time frames unless I specifically asked. I also found pancreatic cancer survivors and began emailing with them. I joined a number of patient-led cancer Facebook groups too.

In addition, I meditated, prayed, underwent Reiki healing sessions, and used guided visualization to imagine my tumor being dissolved by a healing white light. Friends and family set up a GoFundMe account to help Greg and me with our ongoing expenses.

After several months, new scans showed that not only had the cancer stopped growing, but also the tumor was actually shrinking. My pain disappeared as well. It looked as if tumor-removal surgery might be a possibility.

THE **LIFESAVING SURGERY** JUST OUT OF MY REACH

It took months of vigorous appeals to my insurance company before I could see one of the country's top pancreatic surgeons at the Mayo Clinic in Rochester, MN. We tentatively scheduled the pancreatic surgery, and Greg and I felt as if we had just won the health care lottery!

Unfortunately, our celebration was short-lived. I had to have emergency gallbladder surgery, and during the operation, my surgeon noticed several tiny cancerous lesions on my liver. With that, I was considered a Stage IV, or "terminal," cancer patient. Because of those tiny tumors, the Mayo Clinic canceled my surgery. My family and I were heartbroken.

For several weeks, I could barely function. It seemed that my only hope had been ripped out from under me. Then I ran across an intriguing book: *How to Starve Cancer...and Then Kill It With Ferroptosis* by Jane McLelland. It opened the door to an entirely new world of cancer treatment.

DISCOVERING AN **UNCONVENTIONAL APPROACH**

How to Starve Cancer isn't a book about food or lack thereof. It's actually part memoir, part geeky medical research by a woman who survived Stage IV cervical cancer. McLelland's treatment includes using a cocktail of fairly well-known nontoxic generic drugs and natural supplements to block cancer from growing.

The FDA-approved drugs McLelland describes were developed for other medical conditions, including diabetes, high cholesterol, and ulcers. In recent years, though, researchers have found that these drugs may have anti-cancer properties.

I learned that many other medical professionals and researchers were enthusiastic about the possibility of using these "off-label" or repurposed drugs to fight cancer. Patients and medical professionals have developed entire Facebook groups devoted to helping one another understand how to access and use these prescriptions.

I felt a wave of newfound hope: Could patients like me actually beat back a deadly disease with a handful of inexpensive prescription drugs? I wasn't sure, but I knew one thing: I had nothing to lose by trying. There was no cure waiting in the wings for me.

I printed out medical research papers about a few of the drugs and their potentially cancer-fighting properties and excitedly took them to my next chemotherapy appointment. When I showed them to my oncologist, Rui Li, M.D., Ph.D., her reaction was swift and firm: She refused to prescribe the drugs and scared me into thinking I might seriously harm myself.

Now, I'm not normally a rule breaker. I was a teacher-pleasing

student in school. I wait for green lights at crosswalks. And I have no delusions that I, a layperson, understand cancer better than someone who has graduated from medical school. But I had a terminal cancer diagnosis. Greg and I agreed that we didn't want to look back later with regret. I consulted two other doctors, who both agreed that the off-label drugs I was considering were safe. That was all the reassurance I needed.

MY JOURNEY WITH **OFF-LABEL DRUGS**

I felt really uncomfortable about it, but I chose not to tell my oncologist what I had decided. Instead, I consulted Dave Allderdice, N.D., a naturopath in my hometown who specializes in working with cancer patients.

With his help, I added off-label drugs to my many daily supplements. I'd take one drug for two weeks, and then he'd review my blood work and check on side effects. As each proved safe, we added another, then another. I bought an acrylic jewelry sorter to store the dozens of pills I took three times a day.

Some of my fellow patients accessed these same off-label drugs in a different way: through a group of experts who have organized themselves through a group called the Care Oncology Clinic (COC). These doctors meet virtually with cancer patients who want to try this experimental approach.

Within a couple of months, Allderdice and I could see that my body was tolerating the prescriptions well. My biweekly blood tests looked good. My tumor continued to shrink.

A handful of fellow pancreatic cancer patients I met on Facebook were also experimenting with off-label meds. They

were, and still are, intense researchers, unfailing optimists, and strong advocates for their health. I had found my tribe. None of us wanted to belong to the cancer club. But if we had to face this challenge, we were going to do it on our own terms—and share our findings with one another along the way.

COMING CLEAN WITH MY DOCTOR

After about a year of trying the off-label drugs, I felt the need to be honest with my doctor. It was a risky move. Several patients I knew had been "fired" by their oncologists for trying alternative treatments without their doctors' knowledge.

At a regular chemotherapy appointment, I finally blurted out to Dr. Li: "You know those off-label drugs we talked about? Well, I've actually been taking them for a while. I feel bad about not telling you sooner, but this was something I had to do."

Her face immediately registered displeasure. "What? Which drugs? What dosages? Who prescribed these drugs?" she asked. I answered all her questions. I could see that her main concern was for my safety. She pulled up my blood-test history on her computer, and I showed her how my key tests had remained steady or even improved.

After our discussion, Dr. Li seemed reassured that I wasn't a crackpot. However, that doesn't mean she fully supports my regimen. "I don't think the many supplements are the key contributing factors for Teri's health," she says. "It is impossible to identify which supplements really helped." She adds, "From a scientific view, I do not encourage patients to [take non-prescribed supplements or medicine] without participating in clinical trials."

> "I NO LONGER BELIEVE THAT BEING A POLITE, RULE-FOLLOWING PATIENT IS **THE WAY TO LIVE.**"

But here's what I kept reminding myself: Stage IV cancer typically is a death sentence. There is no such thing as Stage V. Ideally, patients would wait for drug or other treatment regimens to go through exhaustive clinical trials and become part of the standard treatment for their cancer. But pancreatic patients like me—and many others with fast-moving cancers—simply cannot wait a decade or more for clinical trials to finish and report their results.

In addition, unusual approaches like using off-label drugs, cannabis, and natural supplements may never get the attention they might deserve. Pharmaceutical companies can't patent

or repackage them to sell at a profit. And if oncologists are suspicious of anything besides chemotherapy or radiation, how will patients learn about other options?

Two weeks after I revealed my drug experiment to my oncologist, we met again. I asked her point-blank: "Are you going to fire me as a patient?" Dr. Li laughed and shook her head. To her great credit, she said she would never feel insulted if I got better using drugs someone else had prescribed. "I still don't completely agree with the idea of these drugs, but I cannot argue with how well you're doing," she said. "And I do believe that Stage IV cancer patients should have a right to experiment with their own care."

LIVING WITH CANCER—AND HOPE

I've long since passed my original "expiration date" of 18 months. If I'm fortunate enough to live for one more year—to the five-year survival mark—I'll be one of only 11% of pancreatic cancer patients to survive that long.

I wish I could say that I'm miraculously cured, but I'm not. A tiny remnant of the cancer remains in my pancreas, and rogue tumor cells are likely still circulating throughout my bloodstream. But I have gotten precious extra time on this earth with my friends and family—which is what I prayed for during the predawn hours of Thanksgiving in 2018.

I've also learned for myself—and have shared with anyone who will listen—how important it is for patients to research and work alongside their doctors to get the best possible care. I no longer believe that being a polite, rule-following patient is the way to live. That's especially true if you have a health condition that takes the lives of significantly more people than it spares.

I believe that if just one patient can survive this cancer or live a longer-than-expected life—and I know several who have—another person can do the same. Maybe that person can be me.

RESOURCES FOR PANCREATIC CANCER PATIENTS

PANCREATIC CANCER ACTION NETWORK
Patient support, clinical trial information, and more (pancan.org)

PROJECT PURPLE
A source for financial support (projectpurple.org)

CANCER COMMONS
A network of patients and experts for those with metastatic cancer (cancercommons.org)

Go to prevention.com/pancan-teri for more help and Facebook-group links.

SCIENCE

5 Myths About Food Safety

The nose knows what's OK to eat, and other lies that'll make you sick.

BY KATE ROCKWOOD

ILLUSTRATIONS BY ANDREA DE SANTIS

MYTH #1
As long as it smells fine, you can eat it.

MYTHBUSTER Nope. Even if you have the most sensitive sniffer in the world, smell alone isn't enough to tell if a food is safe to eat. In fact, "it's the bacteria you can't see, smell, or taste that are the most dangerous," says Isabel Maples, a registered dietitian nutritionist and spokesperson for the Academy of Nutrition and Dietetics. Some of the most common foodborne germs (salmonella, norovirus) and the most dangerous ones (E. coli, listeria) don't make food smell bad, according to the Centers for Disease Control and Prevention (CDC). On the flip side, spoilage bacteria, the kind that make your food moldy, smelly, or slimy, won't always make you sick, Maples says—not that you should test that out. Bottom line: If it smells or looks gross, toss it, but also factor in "use by" dates, how long food has been sitting out, how old it is, and how thoroughly it was cooked. Temperature-sensitive food shouldn't sit out longer than two hours; leftovers should be tossed after three or four days; and eggs, meat, and seafood need to be cooked to the temperatures recommended by the USDA, Maples says.

MYTH #2
It's a good idea to wash chicken.

MYTHBUSTER Washing chicken is a good call only if you want to splash potentially harmful bacteria around your kitchen. Research shows that when you wash raw meat, bacteria from it can land on countertops, dishes, and other food, up to an estimated three feet from your sink. A USDA observational study found that after washing poultry, 14% of study participants still had bacteria in their sinks even after they cleaned them, and 26% transferred bacteria from the poultry to salads they prepared (this is also why you need to wash your hands and scrub any surface, such as a cutting board, that comes into contact with raw meat). The safest way to handle raw meat is to transfer it directly from package to pan, then cook poultry to 165°F in the center to kill bacteria like salmonella. "Always use a food thermometer. Place the probe tip in the thickest portion of the chicken, but not touching bone," says Brian Nummer, Ph.D., a microbiologist in the department of Nutrition, Dietetics, and Food Sciences at Utah State University.

MYTH #3
Eating pink meat is unsafe.

MYTHBUSTER Not necessarily. "For meat, you really need to take the temperature," says Carolyn Williams, Ph.D., a registered dietitian and a National Restaurant Association ServSafe instructor. "Sometimes you'll see pink in the middle of a patty and think it's unsafe, but if you stick a thermometer in it and it's at the right temperature, it's safe to eat." On the flip side, meat might look fully cooked, but if it wasn't cooked at a high enough temperature throughout, it could still contain bacteria. Poultry should be cooked to 165°F and ground beef, pork, lamb, and veal to 160°F, according to government guidelines. It's safe to cook whole or chopped cuts of veal, pork, lamb, beef, and ham to 145°F, says Williams, as the bacteria you're trying to kill are only on the surface, whereas ground meat needs to be cooked all the way through to 160°F.

MYTH #4
It's fine to buy dented cans of food.

MYTHBUSTER A small dent is OK, but if the dent is big—think large enough to fit your finger into—or near where the side of the can meets the lid, don't buy it, Nummer says. The seam might be damaged and bacteria could have gotten into the can. In rare cases, it could be a dangerous kind like C. botulinum, which causes botulism. More commonly, it could be spoilage bacteria, Nummer says, which will make your food taste pretty nasty. Also avoid leaky, swollen, bulging, or rusty cans—all of which could be signs of damage or existing bacteria. Because it can be tough to tell whether a dent is a sign of a problem, your best bet is to choose dent-free cans. "Some people purposely buy dented cans, but it's not worth saving 50¢ and then spending several thousand dollars on foodborne illness–related medical costs," Nummer says.

MYTH #5
Concerns about food safety at picnics are overblown.

MYTHBUSTER Picnics are ripe opportunities for food poisoning. Bacteria thrive between 40°F and 140°F, which is why the FDA recommends not letting any food stay in that range for more than two hours. (If it's over 90°F out, slash that time in half.) This all means that if you're not eating right away (which is the best plan), cold food should be kept at 40°F or below and hot food at 140°F or above, says Karen Blakeslee, coordinator of Kansas State University's Rapid Response Center. Keep hot food in slow cookers, warming trays, or steam tables; cold food should sit on bowls of ice or in coolers (empty melted ice and replace it regularly). And wash your hands before you eat or handle food—if you won't have access to soap and running water, Blakeslee says moist towelettes or hand sanitizer will do in a pinch.

DOES IT WORK?

Fertility Trackers

Let's zero in on what can actually help you ID your prime baby-making days.

BY STEPHANIE ANDERSON WITMER

For couples trying to get pregnant, finding the optimal time for baby-making can be surprisingly tricky. "Your fertile window starts 24 to 48 hours before ovulation and lasts 24 to 48 hours after," explains Anate Brauer, M.D., the IVF director at Shady Grove Fertility New York.

Plenty of products promise to pinpoint your peak fertile time frame, but which ones truly deliver? (Note: Don't rely on these as birth control, and keep in mind that they may not work well for women with irregular cycles, such as those with polycystic ovary syndrome.)

OVULATION PREDICTION KITS

WHAT THEY ARE: Sticks or wands that are held in urine for several seconds to pick up increased luteinizing hormone (LH), a hormone produced in the pituitary gland that tells the ovaries to release an egg

WHAT WE KNOW: A surge in LH occurs 24 to 48 hours before ovulation. For women with regular cycles, LH kits can be very accurate—up to 97%, according to a 2017 review of multiple studies. But they may not work well for women with irregular cycles, because that makes it hard to know which days to test the urine, says Dr. Brauer.

SHOULD YOU TRY THEM? Yes, if your periods are regular and you have no other complications. The kits are reliable and easy to use. Most are inexpensive; the pricier ones use a more advanced analyzer and send results to an app.

BRANDS TO TRY: Stix Ovulation Test ($17 for seven tests, getstix.co); Natalist Ovulation Test Kit ($21 for 30 test strips, natalist.com); Mira Plus Starter Kit ($199, miracare.com)

WEARABLES

WHAT THEY ARE: App-connected armbands or bracelets that measure fertility signals like basal body temperature (BBT) and heart rate, which fluctuate during a menstrual cycle

WHAT WE KNOW: These are designed to predict fertile windows after gathering data for weeks or months. "Over time, wearables can detect bodily trends to pinpoint ovulation," says Kecia Gaither, M.D., the director of perinatal services and maternal fetal medicine at NYC Health + Hospitals/Lincoln. "Small studies demonstrate some benefit, but high-quality studies are still needed to recommend them," says Julie Rios, M.D., the division director of reproductive endocrinology and infertility at the University of Pittsburgh Medical Center Magee-Womens Hospital.

SHOULD YOU TRY THEM? Probably not—more research is needed on them.

INSERTABLE DEVICES

WHAT THEY ARE: Products placed in the mouth or the vagina to measure markers of fertility, including BBT and electrolyte levels

WHAT WE KNOW: Hormonal shifts cause BBT and potassium and magnesium levels to rise and fall throughout the cycle, which these devices detect. Some are worn like a tampon overnight. Others track fertility through saliva during certain days of the cycle and through cervical mucus in the vagina on other days. Because they're so new, they haven't had a lot of scientific study yet.

SHOULD YOU TRY THEM? Skip these. They are expensive and more invasive and may feel uncomfortable to use.

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Why Women *Need to Care About* Concussions

The female brain is more susceptible to lasting damage from a head injury. The science explains why—and we've got the latest info on how to protect yourself.

BY MEGHAN RABBITT

It was the middle of the night when Karen Murray's 10-year-old daughter called out for her and she jumped out of bed to see if everything was OK. The next thing she remembers, her legs gave out from under her and she fell, hitting her head on the nightstand on her way down. "I blacked out," says the 45-year-old from Philadelphia. "A few seconds later, I came to and got up, but I felt wobbly and nauseous." Her husband went to check on their daughter, and Karen spent the next 20 minutes feeling as if she was going to throw up. When the nausea passed, she drifted back to sleep.

But the next morning, the mom of two woke up with a pounding headache. Throughout the rest of that day and the next, she had bouts of nausea and dizziness. While waiting for her son's soccer practice to finish, Karen called her mom, a nurse, explaining what had happened the night before and how she still felt "off." Her mother urged her to go to the emergency room, worried that her daughter had suffered a concussion.

"I wasn't thinking I had a concussion," says Karen. "I'd always thought that happened only to football players or after a serious accident like a car crash." Yet when she went to the hospital, the ER doc ordered a CT scan, and sure enough, Karen was diagnosed with a mild concussion.

Abigail Bretzin, Ph.D., ATC, a postdoctoral research fellow in the Penn Injury Science Center at the University of Pennsylvania, isn't surprised that Karen didn't initially realize her head injury might be as serious as it was. "It really hasn't been recognized that concussion and traumatic brain injury happen as often as they do in women," says Bretzin, who researches sex differences in outcomes of concussion. "In general, the focus has been on men. And while men do have higher rates of concussion than women overall, we also know that women's brains may be more vulnerable." Understanding the reasons for this—as well as the signs and symptoms of a brain injury—can help you keep your brain protected for years to come.

An *INSIDE LOOK* at concussions

The word "concussion" comes from a Latin word that means "to shake violently," explains Bretzin. "When you hit your head, the impact imparts forces to your brain, and those forces lead to a cascade of events that can cause a range of symptoms."

Douglas H. Smith, M.D., director of the Penn Center for Brain Injury and Repair, studies the mechanics of concussion. "You can think of your

brain as being like an electric grid, with a network of fibers coursing throughout this crucial organ," says Dr. Smith. "The impulse starts in the gray matter on the outside of the brain and moves through to the white matter on the inside, which is filled with axons—little fibers so small and delicate that you'd need to put 100 of them side by side to be as thick as one human hair." The axons are like the brain's wires in this electrical grid, he explains, transporting information from neuron to neuron so we can do everything from breathe and talk to read and move our muscles.

The axons are able to do this thanks to sodium channels that run through them, which work a little like what's in a toilet tank: A flapper valve lets just the right amount of sodium into the axon to generate a spark that creates electricity, which then gets passed down the axon. When the axon has enough sodium for that spark, the valve shuts.

GETTY IMAGES.

But let's say you bang your head like Karen did. The impact can stretch those axons so abruptly that parts of them break, explains Dr. Smith, which in turn disrupts the valve. The result: Too much sodium rushes into the axons (like pouring salt water on live circuits), thereby prompting an electrical "brownout" that may cause you to feel dazed and confused, have a slower reaction time, and even lose consciousness. Since it takes a while for your brain to pump out all that excess sodium, those quintessential symptoms of head injury—headache, confusion, dizziness, trouble focusing, and more—persist. As your brain tries to regulate itself and get back to normal, you are even more susceptible to another injury, adds Bretzin, which is why it's important not to reinjure the brain in the weeks after a blow to the head.

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The *AFTERMATH* of a head injury

The good news is that most people who experience a concussion recover fully—about 80% do fine, says Dr. Smith. Researchers are working on understanding why the other 20% don't fare as well. Still, seeking medical attention after a head injury is crucial—even if you're starting to feel a bit better, warns Dr. Smith: "The reason we take head injuries so seriously and almost always order a CT scan is so we can check for bleeding in the brain, which, if not addressed, can cause death in rare cases."

Early care also helps target treatment approaches, says Bretzin. "Not everyone with a concussion presents with the same symptoms, which can make it tricky to diagnose and treat," she says. "But if we can monitor your symptoms, we can better direct you to treatments to help prevent a long-term effect." For example, if your balance is off, you may need to see a physical therapist; cognitive impairments, like brain fog or a shorter attention span, might require a visit to a neuropsychologist.

Why *WOMEN'S BRAINS* are at risk

Luckily, a CT scan of Karen's brain the day after her fall showed no internal bleeding. But her symptoms persisted for about three months. She got frequent headaches and found that looking at her computer screen or watching TV for more than an hour at a time led to intense head pain.

These continued symptoms may have something to do with biological differences between males and females, which can cause women to have more severe symptoms than men and take a longer time to recover after a concussion, says Angela Colantonio, Ph.D., a professor at the Rehabilitation Sciences Institute at the University of Toronto who researches traumatic brain injuries. For starters, women tend to have smaller and weaker necks than men do, which makes them more vulnerable to the rotational forces that can injure the brain. In one study of soccer players, females were nearly twice as likely to suffer concussions as their male counterparts, and researchers found that women had a significantly greater head and neck "angular acceleration," a measure of head impact that's thought to be a cause of brain injury.

Anatomical differences also may play a role in making the female brain more vulnerable, adds Dr. Smith. Women's axons tend to be finer than men's, with narrower diameters. "When we use in vitro models—where we take human neurons and micropattern them into a human 'mini-brain'—and induce the same kind of rapid stretching of those axons that happens in concussion, we find that there's far less swelling and sodium influx in males' axons compared with females'," he says. Researchers think its larger axon size makes the male

brain better able to sustain impact.

Hormones may also play a role in how women fare after a brain injury, adds Colantonio. Some research has shown a clear correlation between a woman's menstrual cycle phase at the time of injury and her recovery. One 2014 study found that women who suffered a concussion during the two weeks after ovulation, when progesterone levels are highest, had worse outcomes a month later than those whose injuries happened during the two weeks following menstruation, when levels of this hormone are low. Women taking oral contraceptives also fared better. A blow to the head may suppress the pituitary gland, the brain's hormone control center. If the pituitary gland slows down when progesterone is high, a rapid decline in this hormone leads to worse symptoms that stick around longer.

The *DOMESTIC VIOLENCE* factor

Then there are circumstances related to the fact that one in three women falls victim to intimate partner violence at some point in her life. According to the Brain Injury Association of America, a victim of intimate partner abuse will often be hit in the head area. "We've had countless victims tell us that their abuser hit them on the head because their hair would hide their bruises," says Glynnis Zieman, M.D., a neurologist at the Concussion and Brain Injury Center at Barrow Neurological Institute, who runs one of the few programs focused on treating traumatic brain injury in survivors of domestic violence.

A 2017 retrospective study by Barrow stated that traumatic brain injury is a frequent consequence of domestic violence. "Our main finding was the sheer number of injuries and also the frequency," says Dr. Zieman. "Victims are hit in the head many times over many years—so many times that they've lost count—and their symptoms persist and are often quite severe." In the study, 81% of subjects reported that they had lost consciousness at least once because of their injuries. Victims often don't seek treatment, she adds, and even when they do, if they're there for, say, a broken arm, the ER doctor may not bring up brain injury. "We're often the first to ask them about head injuries," she says. And unlike athletes, who might take a break to recover after a head injury, these victims often don't have that luxury.

Dr. Zieman adds, "The most profound thing they endure is cognitive problems—particularly related to memory, attention, organization, and planning—that often prevent them from holding down a job or performing everyday tasks." And cognitive problems are more impactful in this population, she points out: "If they can't process information, it makes it harder to plan a way to leave their abuser."

It's certainly time for these women—and other women with head injuries—to have their brains taken seriously.

HOW TO *PROTECT YOUR BRAIN* FROM CONCUSSION

While you can't isolate yourself from everything that poses a risk of a head injury, experts agree there are a few smart steps you can take.

1 MINIMIZE YOUR RISK OF FALLING

The answer to preventing concussions, says Bretzin, could be as simple as eliminating some risky behaviors or using protective equipment, like a properly fitting helmet when you ride a bike. Colantonio adds that older adults are one of the biggest segments of the population who get concussions, which means it's especially important to assess your risk of falls as you age. "It's easy to think of falls as accidents, but there's a lot you can do to prevent them," she says. "Things like exercising to build balance and strength, getting enough sleep, not rushing when you stand up, and even wearing sturdy, well-fitting shoes can go a long way toward keeping you safe." She recommends getting a home safety assessment from an occupational therapist to check for trip hazards and suggest safer design tweaks.

2 SEE A DOCTOR STAT AFTER A BUMP TO THE HEAD

Detecting and treating a head injury as soon as possible is one of the most important things you can do, says Bretzin. "This can really help prevent or mitigate lasting effects of the injury," she says. Dr. Smith agrees, adding that seeing a specialist is especially important if you've been diagnosed with a concussion. "If you hit your head and go to your primary care doctor, they may not know who to refer you to," he says. "Ask for a concussion expert, who will have more training and can point you to specific rehabilitation treatments and possibly even clinical trials."

3 SOFTEN THE POTENTIAL LASTING EFFECTS

If you experience long-term effects, it's important to pipe up about your pain, says Bretzin. "Talk to your health care provider about your understanding that women are at greater risk of persistent symptoms after concussion," she advises. "Ask about rehab programs and support groups for concussion survivors. Your symptoms may require continued care and management, and there are specialists who can help you along this path."

A Healthy Way To Lose Weight Fast

New supplement nourishes the body and ends dieting cycle

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

Years ago, Hubertus Trouillé, a German holistic therapist, developed an effective formula to end the cycle of weight loss and gain. Using just three natural nourishing ingredients, Trouillé developed a dietary supplement with a unique amino acid complex that works in a unique manner by treating and improving the body's metabolism and thermogenesis, which converts food to heat or energy.

Unlike other supplements that simply suppress appetite, this patented formula increases the body's metabolism, maintains muscle mass and helps the body burn fat more effectively.

Today, this popular German weight loss phenomenon is available in the U.S. It can be used as a quick weight loss regimen or as a meal replacement to transform your body and lifestyle, and is helpful for achieving overall good health.

Actual research from at the University of Edmonton in shows, even used once a day as a meal replacement, Almased is effective in stimulating the fat-burning metabolism while actively fighting weight problems and insulin resistance. When used as directed, Almased helps take excess pounds off, and keep them off, ending the yo-yo cycle.

Jamie Luu, RDN, LDN
Jamie is a Registered and Licensed Dietitian who provides nutritional guidance for Almased.

7 Ways Almased Works in the Body

Almased fuels the body with a powerful blend of peptides and amino acids, including all nine essential amino acids, which helps:

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4. Support healthy blood sugar levels.

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6. Lower the leptin level, which is linked to insulin resistance and weight gain from stored body fat.

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My Bikini Emergency Plan at a glance

First week

Breakfast, Lunch and Dinner

Replace all 3 meals with 8 tablespoons of Almased for each meal. Drink as much vegetable broth as you like.

Second week and beyond

Breakfast and Dinner

8 tablespoons of Almased (50g) in low-fat diary or plant-based milk with 1 teaspoon cinnamon or unsweetened cocoa powder, if desired.

Lunch

Vegetables and salad with lean meat or fish. (see recipe ideas online).

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Individual results may vary. Average weight loss is 1-2 lbs per week. These statements have not been evaluated by the Food and Drug Administration. These statements and the product of this company are not intended to diagnose, treat, cure, or prevent any disease. Consult your physician before implementing any new diet, exercise and dietary supplement programs, especially if you have preexisting medical conditions or are taking prescribed medications.

Flex Those Muscles

The right mix of nutrients helps with strength and function.

BY ARIELLE WEG

Your muscles need fuel to stay limber and strong—good muscle tone is crucial for bone health and everyday mobility. "Nutrition is important for muscle building and repair, and to provide the energy required to take a walk, work out, or complete chores," says Jim White, R.D., an American College of Sports Medicine exercise physiologist and the owner of Jim White Fitness & Nutrition Studios. Post-workout pro tip: Eat protein to rebuild tissue and carbs for the glucose needed for muscle function. Try these tasty muscle-supporting snacks:

COWBOY CAVIAR

ACTIVE **15 MIN.**
TOTAL **15 MIN.**
SERVES **4 TO 6**

In large bowl, whisk together 6 Tbsp **lime juice**, 3 Tbsp **olive oil**, and 1 tsp each **honey** and **kosher salt**. Toss with two 15-oz cans **black-eyed peas** (rinsed), 2 **plum tomatoes** (cut into ½-in. pieces), 1 small **poblano pepper** (cut into ¼-in. pieces), 1 cup each **corn kernels** (from 1 ear, or thawed from frozen) and **cilantro** (chopped), and ½ medium **red onion** (finely chopped). Fold in 1 large **avocado** (diced) just before serving. Serve as a side or scoop onto tortilla chips.

PER SERVING *274 cal, 9 g pro, 32 g carb, 9 g fiber, 4 g sugars (1 g added sugars), 14 g fat (2 g sat fat), 0 mg chol, 585 mg sodium*

BLACK-EYED PEAS

Iron-rich foods provide the nutrients necessary to build red blood cells, which carry oxygen to your muscles and throughout the body; this encourages healthy muscle function. Pulses like black-eyed peas are a great plant-based option to boost your iron intake.

TURKISH EGGS WITH GREEK YOGURT

ACTIVE **15 MIN.**
TOTAL **15 MIN.**
SERVES **2**

In bowl, combine ¾ cup **Greek yogurt** (at room temp), ¼ cup **dill** (chopped), ½ tsp grated **garlic**, and ¼ tsp **kosher salt**. Heat 1 Tbsp **olive oil** in medium nonstick skillet on medium until warm. Remove from heat, stir in 1¼ tsp **Aleppo pepper** and ¼ tsp **cumin seeds**, and let sit 4 min. Spoon half of oil into small bowl and reserve. Return skillet with remaining oil to medium heat and cook 2 large **eggs** to desired doneness, about 2 min. for runny yolks. Spoon yogurt onto 2 plates, spreading out. Top with eggs, reserved oil, and dill. Sprinkle with additional Aleppo pepper and flaked salt if desired and serve with toast.

PER SERVING *230 cal, 15 g pro, 5 g carb, 0 g fiber, 4 g sugars (0 g added sugars), 16.5 g fat (5 g sat fat), 198 mg chol, 346 mg sodium*

GREEK YOGURT

Strength training makes your muscle tissue break down—but don't worry: You actually get stronger when it repairs itself. To help with that, you need protein, White says. Dairy foods contain all nine essential amino acids needed for muscle formation along with carbs, making something like creamy Greek yogurt an ideal post-workout snack.

LUCY SCHAEFFER. FOOD STYLING: CHRISTINE ALBANO.
PROP STYLING: CHRISTINA LANE. RECIPES: KRISTINA KUREK.

ALMONDS

Just an ounce of almonds gives you protein, iron, and magnesium for some serious muscle-building power. "Magnesium is important to help your muscles relax," White says. This aids in preventing muscle cramps and allows your muscles to work properly, as when gripping and extending.

"ROMESCO" QUINOA

ACTIVE **15 MIN.**
TOTAL **25 MIN.**
SERVES **4**

In medium saucepan, combine 1⅓ cups **quinoa** and 2½ cups **water** and simmer until just tender, about 12 min. Remove from heat and keep covered 3 min., then fluff with fork. In large bowl, whisk together 2 Tbsp **olive oil**, 1 Tbsp **sherry vinegar**, 1 tsp grated **garlic**, 1 tsp **kosher salt**, and 2 tsp **smoked paprika**. Fluff quinoa, then add to dressing and toss to combine. Add one 12-oz jar **roasted piquillo peppers** (drained and chopped), 1 cup **almonds** (well toasted and chopped), ¾ cup **flat-leaf parsley** (chopped), and 2 oz **manchego cheese** (grated) and toss well. Top with additional almonds and cheese if desired.

PER SERVING *566 cal, 19 g pro, 50 g carb, 9 g fiber, 5.5 g sugars (0 g added sugars), 33 g fat (6 g sat fat), 15 mg chol, 665 mg sodium*

HALIBUT WITH LEMON-ANCHOVY SAUCE

ACTIVE **20 MIN.**
TOTAL **20 MIN.**
SERVES **4**

In small bowl, combine 3 Tbsp **olive oil**, 2 tsp **lemon zest** and 3 Tbsp **lemon juice**, 8 **anchovy fillets** (thinly sliced; about 2 Tbsp), ½ **shallot** and ½ **Fresno chile** (both finely chopped), ½ small clove **garlic** (grated), and a pinch of **kosher salt**; stir in ¼ cup **flat-leaf parsley** (chopped). Heat 2 tsp olive oil in large cast-iron or nonstick skillet on medium-high. Season four 6-oz **halibut fillets** with ½ tsp kosher salt and cook, flesh side down, until golden brown, 4 min. Flip and cook until just opaque throughout, 2 to 3 min. more. Transfer to platter and spoon sauce over top. Sprinkle with additional chiles and parsley if desired.

PER SERVING *284 cal, 33 g pro, 2 g carb, 0 g fiber, 0.5 g sugars (0 g added sugars), 15.5 g fat (2.5 g sat fat), 88 mg chol, 676 mg sodium*

HALIBUT

Research suggests that omega-3s can help older adults increase muscle size and gain strength and may also prevent muscle loss due to aging. Salmon may get the spotlight in terms of omega-3s, but mix up the menu with halibut, which contains half a day's worth of these fatty acids in one 5-oz serving.

BREAKFAST

Pineapple-Cucumber Smoothie

Frozen fruit adds just enough sweetness to this spinach-packed sipper.

TOTAL **5 MIN.**
SERVES **2**

- **1 Persian cucumber, chopped, plus thin slices, for serving**
- **1 banana, cut into pieces, then frozen**
- **1 cup frozen pineapple chunks**
- **1 cup baby spinach**
- **½ cup Greek yogurt**
- **1 Tbsp lemon juice**
- **¼ cup unsweetened almond milk or water**

In blender, puree all ingredients until smooth. If desired, press thinly sliced cucumbers against sides of glass before pouring in smoothie.

PER SERVING *178 cal, 8 g pro, 31 g carb, 4 g fiber, 12.5 g sugars (0 g added sugars), 4 g fat (1.5 g sat fat), 8 mg chol, 62 mg sodium*

HYDRATE & SHINE

This smoothie offers a serious boost of H_2O. Cucumber, pineapple, and spinach all consist of more than 85% water by weight!

MIKE GARTEN.

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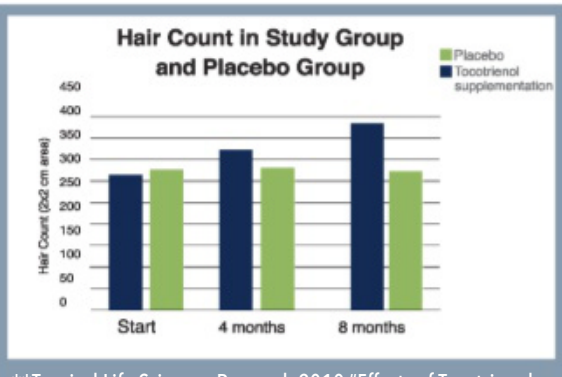
THE FRUIT EXTRACT

Scientists at the University of Kuala Lumpur have identified compounds in palm fruits, called tocotrienols, which significantly help promote hair growth. They are thought to reduce inflammation levels in the scalp, which is commonly associated with thin hair.

THE STUDY RESULTS

A larger study was done to confirm this. The study group was monitored for the number of hairs in a pre-determined scalp area at 0, 4 and 8 months. The results were impressive. Hair growth increased significantly as compared to the placebo group, recording a 16% increase at 4 months and a 34.5% increase at the end of the 8-months, compared to a 0.1% decrease in the control group.



**Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei and Hay, University Sains Malaysia.

The study used a patented tocotrienol complex, which in the USA is available in the product Hair Gro™, sold at Walgreens and other participating retailers

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You can get corn, blackberries, zucchini, and tomatoes all year round, but they'll never taste sweeter than they do right now. Seize the moment with these fresh ways to serve them up today—and then freeze some of that goodness to enjoy in the fall too.

SAVORING Sum

CHARRED CORN SALAD
recipe, p. 92

CORN

Summer's golden child is chock-full of antioxidants that can help strengthen vision and may also help prevent hardening of the arteries.

TO SAVE:

Blanch ears (boil 2 min.; cool in ice water). Then cut kernels off the cobs and freeze on a parchment-lined sheet until firm; transfer to a container. Freeze for up to 4 months.

mer

CHELSEA KYLE.

ZUCCHINI BREAD COOKIES
recipe, p. 92

ZUCCHINI

This hearty veg is packed with immune-boosting vitamins A and C as well as potassium to help regulate sodium levels.

TO SAVE:

The best way is to make a baked good (like these cookies), then freeze it. Or whip up a soup and store it, then pair with farro to serve.

BLACKBERRIES

This juicy fruit gets its deep hue from anthocyanins, antioxidants that may help reduce the risk of some types of cancer.

TO SAVE:

Freeze in a single layer until firm before moving to a container. Store in the freezer for up to 4 months.

BLACKBERRY JAM

+

BLACKBERRY JAM COCKTAIL

recipes, p. 93

SLOW-ROASTED TOMATOES
recipe, p. 93

TOMATOES

These gems are full of lycopene, which helps protect skin from sun damage and wrinkles.

TO SAVE:

When you slow-roast tomatoes, they become extra sweet and can last up to 3 months in the freezer. Thaw, then spread on toast, fold into eggs, or toss with pasta or shrimp.

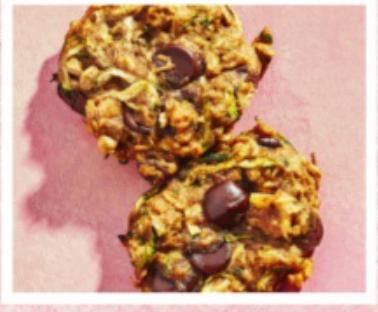
CHARRED CORN SALAD

ACTIVE **20 MIN.**
TOTAL **20 MIN.**
SERVES **4**

- ½ **small red onion, finely chopped**
- 1 **red chile, thinly sliced**
- 3 **Tbsp fresh lime juice**
- 2 **Tbsp olive oil, divided**
- **Kosher salt and pepper**
- 2 **cups fresh corn kernels (from about 2 ears)**
- ¼ **cup cilantro, roughly chopped**
- **Crumbled queso fresco, for serving (optional)**

1. In large bowl, toss together red onion and chile with lime juice, 1 Tbsp olive oil, ½ tsp salt, and ¼ tsp pepper. **2.** Heat large cast-iron skillet on medium-high. Add remaining Tbsp oil, then corn; arrange in even layer; and cook, without stirring, until charred, 2 min. Toss, rearrange in even layer, and cook 2 min. more. Toss with onion mixture and fold in cilantro and queso fresco if using.

PER SERVING *130 cal, 3 g pro, 16 g carb, 2 g fiber, 5 g sugars (0 g added sugars), 8 g fat (1 g sat fat), 0 mg chol, 252 mg sodium*



ZUCCHINI BREAD COOKIES

ACTIVE **15 MIN.**
TOTAL **30 MIN.**
MAKES **12 COOKIES**

- 2 **ripe medium bananas**
- ¼ **cup coconut oil, melted and cooled**
- 2 **Tbsp honey**
- 1½ **tsp pure vanilla extract**
- ½ **cup whole-wheat flour**
- ¼ **cup all-purpose flour**
- ½ **tsp baking soda**
- ½ **tsp ground cinnamon**
- ¼ **tsp salt**
- 1 **cup old-fashioned rolled oats**
- 2 **medium zucchini, coarsely grated and squeezed of excess moisture**
- ½ **cup bittersweet chocolate chips**
- ¼ **cup walnuts, chopped**

1. Heat oven to 350°F. Line large baking sheet with parchment paper. In large bowl, mash bananas with coconut oil, honey, and vanilla. **2.** Add flours, baking soda, cinnamon, and salt; mix to combine. Fold in oats, then zucchini, chocolate chips, and walnuts. **3.** Drop ¼-cupfuls of batter onto prepared sheet, spacing 2 in. apart. Bake until golden brown, 14 to 18 min. Let cool on sheet 3 min., then transfer to wire rack to cool completely. Once cool, refrigerate up to 1 week or freeze up to 3 months. Warm at 350°F.

PER COOKIE *195 cal, 3 g pro, 23 g carb, 2 g fiber, 9.5 g sugars (6 g added sugars), 10 g fat (6 g sat fat), 0 mg chol, 96 mg sodium*

BLACKBERRY JAM

ACTIVE **15 MIN.**
TOTAL **30 MIN. PLUS FREEZING**
MAKES **4½ CUPS**

- **1 navel orange**
- **2 lbs blackberries**
- **2 tsp lime zest plus 2 Tbsp lime juice**
- **1 cup superfine sugar, divided**
- **3 Tbsp Ball RealFruit instant pectin**

1. Finely grate 1 tsp orange zest into bowl, then cut away peel and pith. Cut orange into segments, then roughly chop. Add to bowl along with blackberries, lime zest and juice, and ¼ cup sugar; use potato masher to lightly crush blackberries; let sit 15 min.
2. In bowl, whisk together pectin and remaining ¾ cup sugar. Sprinkle over fruit; fold and stir 3 min. Transfer mixture to 8-oz freezer-safe jars, leaving ½-in. space at top of each.
3. Refrigerate at least 3 days before serving or freeze up to 1 year. If frozen, thaw in refrigerator overnight before using (once open, consume within 1 week).

PER 2-TBSP SERVING
33 cal, 0 g pro, 8 g carb, 1 g fiber, 7 g sugars (5.5 g added sugars), 0 g fat (0 g sat fat), 0 mg chol, 7 mg sodium

BLACKBERRY JAM COCKTAIL

In shaker, shake 2 Tbsp **fresh lime juice**, 1 Tbsp **blackberry jam**, and 2 oz **gin** to dissolve jam. Add 4 **mint leaves**, fill with **ice**, and shake until cold. Pour over ice and top with 1 to 2 oz **club soda**. Serve with mint and a lime slice.

SLOW-ROASTED TOMATOES

ACTIVE **10 MIN.**
TOTAL **2 HR. 15 MIN.**
MAKES **ABOUT 4 CUPS**

- **3 lbs mixed-color cherry and grape tomatoes, halved**
- **10 cloves garlic**
- **¼ cup olive oil**
- **8 fresh thyme sprigs**
- **Kosher salt and pepper**

1. Heat oven to 275°F.
2. On large rimmed baking sheet, gently toss tomatoes and garlic with oil, thyme, ¾ tsp salt, and ½ tsp pepper.
3. Roast until tomatoes have reduced one-quarter in size and are just beginning to dry around edges, 2 to 2½ hr.
4. Transfer to freezer-safe jars or containers and add more oil to cover.

PER ¼-CUP SERVING
77 cal, 1 g pro, 5 g carb, 1 g fiber, 1 g sugars (0 g added sugars), 7 g fat (1 g sat fat), 0 mg chol, 103 mg sodium

Prevention

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Printed in the U.S.A. Published at 300 West 57th Street, New York, NY 10019.

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Prevention (ISSN 0032-8006), Vol. 74, No. 8, is published monthly by Hearst, 300 W. 57th St., New York, NY 10019, USA. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Mark E. Aldam, Chief Operating Officer. Hearst Magazines, Inc.: Debi Chirichella, President; Regina Buckley, Chief Financial and Strategy Officer, Treasurer; Catherine A. Bostron, Secretary.

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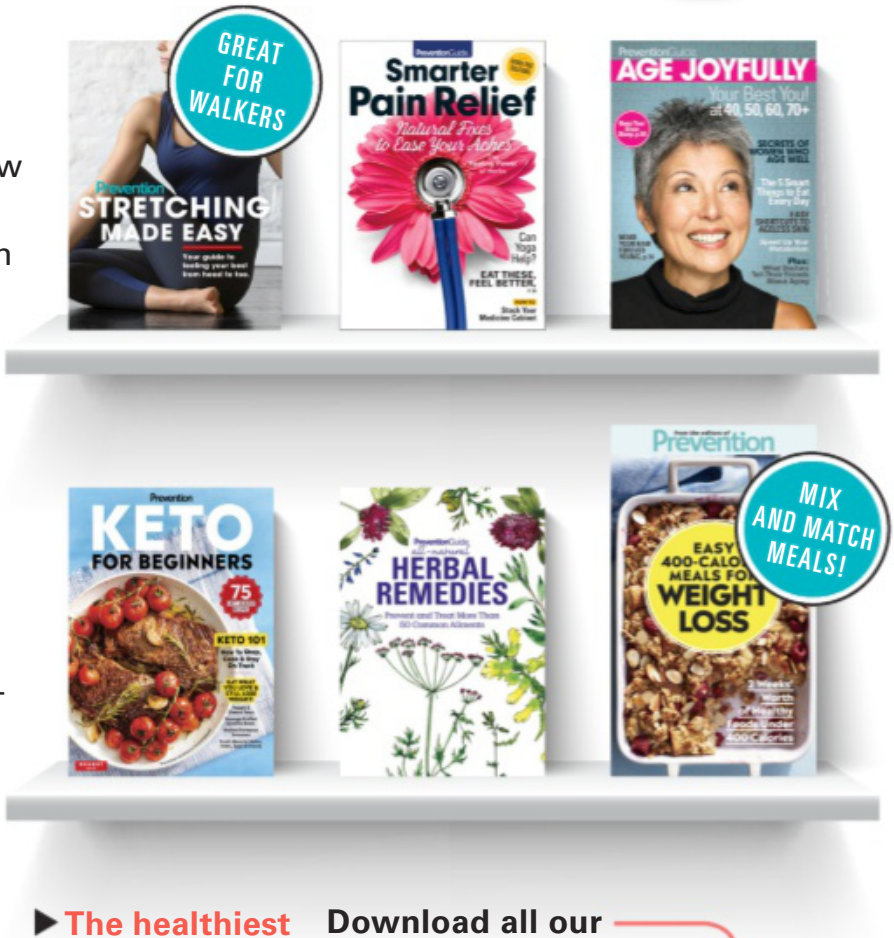

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Stay Sharp

Fun ways to give your brain a little workout

HISTORY QUIZ

Can you place these important health and wellness milestones in chronological order, beginning with the earliest event?

- (A) First National Park Established
- (B) First Earth Day
- (C) Discovery of Penicillin
- (D) Founding of The Red Cross
- (E) Founding of The American Cancer Society

THE MISSING LETTER

What is the correct letter to fill in this famous sequence?

D R M F S L __ D

HIDDEN EQUATION

USE EACH OF THE **MATHEMATICAL SYMBOLS** SHOWN HERE TO MAKE THE **ANSWER CORRECT.**

(Don't worry about order of operations—just go from left to right.)

10 8 6 4 2 = **5**

CRYPTOGRAM

Can you decipher this expression and the character who said it?

```
___'__ _N__ ____ _____N__
A L'K  F G  M K W  Y G A F Y

_____ ___ Y_____________Y
T S U C  L G  Q W K L W J V S Q,

__________ _ ____ _
T W U S M K W  A  O S K  S

__________N__ _______N_ ____N
V A X X W J W F L  H W J K G F  L Z W F.

 _______
~ S T A U W
```

ANSWERS: History quiz: A (1872), D (1881), E (1913), C (1928), B (1970). **The missing letter:** T (do, re, mi…). **Hidden equation:** minus, times, divided by, plus. **Cryptogram:** It's no use going back to yesterday, because I was a different person then. ~Alice (from *Alice's Adventures in Wonderland*).

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